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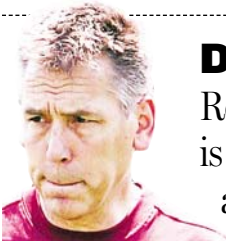
Tuesday



Barack Obama found no wrongdoing by his staff.

**No Contact:** Obama review shows no ties to Ill. scandal | 3

**On Message:** Metro installs new PA system for alerts | 9



**Down, Out?**  
Redskins' Zorn is on the hot seat after collapse | 11

ENTERTAINMENT

**In the Ring:**

Mickey Rourke re-joins the acting elite as a washed-up athlete in 'The Wrestler.' Plus, new challenges for Will Smith.



>> 17-22

## Kennedy to Seek Senate Seat

JFK's daughter tells N.Y. governor she's interested in position

ALBANY, N.Y. | Caroline Kennedy told New York's governor on Monday that she's interested in the U.S. Senate seat being vacated by Hillary Rodham Clinton, making her the highest-profile candidate to express a desire for the job.

Democratic Gov. David Paterson will choose the replacement. "She told me she was interested in the position," Paterson said. "It's not a campaign. She'd like at some point to sit down."

Kennedy's spokesman, Stefan Friedman, declined to comment. Clinton is expected to be confirmed as President-elect Barack Obama's secretary of state.

Kennedy is the daughter of the late President John F. Kennedy. Her uncle, the late Robert F. Kennedy, once held the Senate seat she wants. Paterson has sole authority to name a replacement for Clinton, who was first elected in 2000 and re-elected by a wide margin in 2006.



Kennedy

Rep. Louise Slaughter, D-Fairport, has already told Kennedy she will support her Senate bid.

Other Democrats who appear to be on Paterson's short list include New York Attorney General Andrew Cuomo, who won't say publicly whether he's interested.

One of the early front-runners, Rep. Nydia Velazquez of Brooklyn, took herself out of the running Friday. (AP)

## Iraqi Shoe-Tosser Hailed as Hero in Mideast



**SHOW OF SUPPORT:** A shoe is raised in Baghdad Monday during a protest calling for the release of Iraqi journalist Muntadhar al-Zeidi, who was being held after throwing shoes at President Bush on Sunday. Many hailed al-Zeidi as a hero for his act of defiance. ❖ **Contempt:** Many gleeful over the incident | Page 7

pollcenter

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TO CAST YOUR VOTE, VISIT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 32

TUESDAY 46/35  
WEDNESDAY 46/41  
THURSDAY 53/46

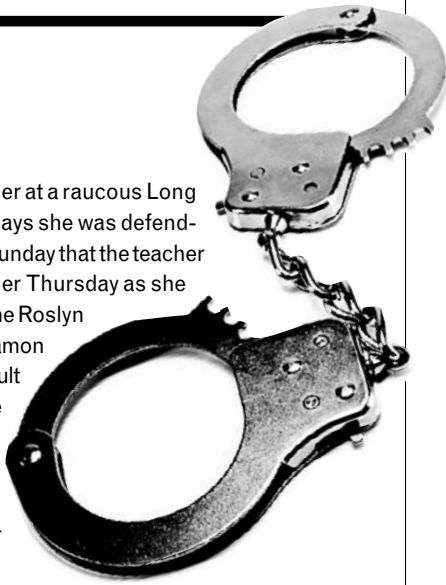
TODAY: Mostly cloudy with rain, which will turn into a drizzle later | 34

# eyeOpeners

## EXCUSES

### Woman Employs the 'Mike Tyson Defense'

A woman charged with biting a teacher at a raucous Long Island high school basketball game says she was defending herself. Shaquana Beamon said Sunday that the teacher pulled her to the ground and kicked her Thursday as she approached her brother, a player on the Roslyn High School team. The 20-year-old Beamon was arrested and arraigned on an assault charge Saturday. Police say she bit the teacher's arm and leg, and someone else punched him. The school district's physical education director says the teacher was working as a supervisor at the rowdy matchup. (AP)



## PINUPS

### Paulie From Queens Is a Smoking Mr. April

There's no need to wait around for the cable guy in New York. He's right there all year in a new playful calendar. Time Warner Cable Inc. is putting out the tongue-in-cheek item featuring its technicians and call center representatives posing while having fun. Mr. January grins while connecting cables for

three admiring women. Mr. February forgot to button his shirt before delivering a bunch of cables formed into flowers. And Ms. September plucks remote controls from a tree as if they were fruit. Technician Kevin Mayers says he loves the attention he's getting after posing as Mr. August. Some of the company's female workers also got into the act. The company says customers can request a free calendar through its Web site. (AP)

ROGELIO V. SOLIS/AP



## RESOURCEFULNESS

### Urban Jungle

This rappeller looks as though he has confused the rotunda of the Capitol in Jackson, Miss., with a mountain in a national park out West. But upon closer inspection, it becomes clear that he is not in fact a wild man lost in the city, but rather is a stone worker examining the tiles on the building to determine which sections needed repairs and waterproofing. Too bad — we were envisioning a new and useful trend for nature buffs locked in an urban landscape. Rapel down important buildings! Canoe through public fountains! Hike the inner-city streets with those ridiculous metal walking sticks! Or, apply for this guy's job so you don't get arrested in the process. (EXPRESS)

## HALLUCINATIONS

### Man Rehydrates, Can't Find His Ghost

A news report says a man who broke into a house claims he was held cap-

tive by a "supernatural figure" for three days without food and water in Kuala Lumpur, Malaysia. Police official Abdul Marlik Hakim Johar told the Star newspaper the house's owners found the 36-year-old man fatigued and dehy-

drated when they returned from vacation Thursday. He says they called an ambulance to take him to a hospital. The man told police that every time he tried to escape, a "supernatural figure" shoved him to the ground. (AP)

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**CRIME PLAYS:** Police in Beaumont, Texas, called to a Family Dollar store by a burglar alarm Sunday night found a 4-year-old boy inside playing with the store's toys. The child apparently escaped from his nearby home and crossed a multi-lane street to reach the store, where a door had been left unlocked.

## Nation

## High Court Hands Win To Smokers

In 5-4 ruling, justices say lawsuits over 'light' cigarettes are allowed

WASHINGTON | The U.S. Supreme Court on Monday handed a surprising defeat to tobacco companies counting on it to put an end to lawsuits alleging deceptive marketing of "light" cigarettes.

In a 5-4 split, the court ruled that smokers may use state consumer protection laws to sue cigarette makers for the way they promote "light" and "low tar" brands.

Altria Group argued on behalf of its Philip Morris USA subsidiary that the lawsuits are barred by the federal cigarette labeling law, which forbids states from regulating any aspect of cigarette advertising that involves smoking and health.

Justice John Paul Stevens, however, said in his majority opinion that the labeling law does not shield the companies from state laws against deceptive practices. The decision forces tobacco companies to defend dozens of lawsuits. (AP)



**BY THE NUMBERS:** The federal deficit for 2008 would top \$1 trillion if the government used the same accounting methods as private companies, a new report says. (AP)

## Obama: Staff Clear of Wrongdoing

Ill. lawmakers review impeachment options for embattled governor

SPRINGFIELD, ILL. | Illinois lawmakers took the first step Monday toward removing Gov. Rod Blagojevich from office as the disgraced Democrat conferred with a bulldog defense attorney known for taking cases to trial.

Meanwhile, President-elect Barack Obama announced that a review by his own lawyer shows he had no direct contact with the

governor about the appointment of a replacement for his Senate seat, and transition aides "did nothing inappropriate."

Controversy has swirled around Obama and his incoming White House chief of staff, Rep. Rahm Emanuel, following Blagojevich's arrest last week on charges he schemed to trade Obama's Senate seat for personal gain.

Obama, fielding questions at a news conference, sidestepped when asked whether Emanuel had spoken with aides to the governor. He said the results of the investigation



Illinois Gov. Rod Blagojevich met with a defense attorney Monday in Chicago. CHARLES REX ARBOGAST/AP

would be released "in due course."

On Monday, House Speaker Michael Madigan appointed a bipartisan committee to review potential impeachment proceedings, the latest move by politicians eager to force out Blagojevich.

"We're going to proceed with all due speed, but we're going to make sure that what we do is done correctly," Madigan said.

A Blagojevich spokesman said Monday the governor has not ruled out signing a bill to hold a special election to fill the Senate seat.

CHRISTOPHER WILLS (AP)

YORBA LINDA, CALIF. | FORTRESS MENTALITY



**UNDER THE WEATHER:** A residence is protected by sandbags Monday in Yorba Linda, Calif., where 100 homes were lost to a wildfire last month. A powerful storm slammed the state with rain and snow Monday, snarling roads, collapsing the roof of an occupational school and forcing hundreds of people to flee their homes in a suburb at risk for mudslides. NICK UT/AP

## Pelosi: Economic Recovery Plan Will Cost \$600B

WASHINGTON | House Speaker Nancy Pelosi on Monday said Democrats are preparing a massive economic recovery bill in the range of \$600 billion, blending immediate steps to counter the slumping economy with longer-term federal spending on infrastructure like energy efficiency projects.

The Democrat told reporters that economist Mark Zandi had recommended to Democrats an economic stimulus in that range — including \$400 billion in infrastructure and \$200 billion for tax cuts. Pelosi said Capitol Hill Democrats are already "hard at work" writing a stimulus measure to pass next month. (AP)

# Allergies?

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# Nation



**URINE TROUBLE:** Authorities in Gainesville, Fla., have arrested a man for allegedly stealing a small refrigerator from a probation office used to store urine samples, including his own. The Alachua County Sheriff's Office said the man stole the locked fridge after testing positive for drug use.

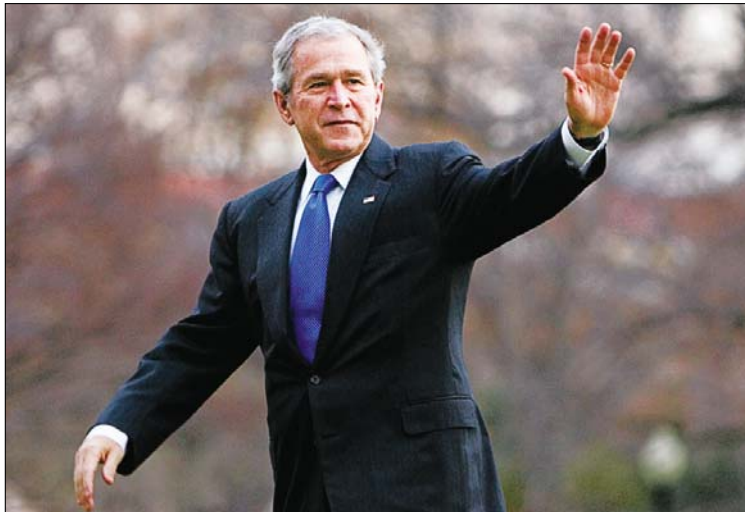
## President: Auto Help Is on the Way

Bush says letting the industry fail could be 'devastating' to nation

ABOARD AIR FORCE ONE | U.S. auto-makers got public reassurance Monday from President Bush that short-term government help for the industry is in the works and could come soon.

"An abrupt bankruptcy for autos could be devastating for the economy," Bush told reporters aboard Air Force One during a trip to Iraq and Afghanistan. "We're now in the process of working with the stakeholders on a way forward. We're not quite ready to announce that yet."

Bush would not give a precise timetable but said, "This will not be a long process, because of the economic fragility of the autos."



President Bush returns to the White House Monday after making a surprise visit to Iraq and Afghanistan. Bush officials are looking for ways to help the auto industry.

The Bush administration is considering ways to provide emergency aid to General Motors Corp. and

Chrysler LLC, which have said they could run out of cash within weeks without help of some kind from the

**"This will not be a long process because, of the economic fragility of the autos."**

PRESIDENT BUSH

government.

In Washington, a Treasury Department official said Monday that no decisions have been made on what type of support to provide Detroit automakers. Treasury spokeswoman Brookly McLaughlin said department officials are continuing to assess the information they have received from the auto companies. Treasury officials are providing regular briefings to

the White House, but she said there was no estimate on when a decision might be made.

Michigan Sen. Carl Levin, a Democrat and auto industry ally, said in Detroit that he expects Bush's solution to help the Detroit automakers will follow the previous deal Bush reached with congressional leaders.

Levin says he expects GM to get \$8 billion and Chrysler \$7 billion under the Bush administration's plan. He said the Treasury secretary likely would become the "car czar" and oversee the restructuring of the automakers.

Sen. Bob Corker, R-Tenn., said he spoke with the White House early Sunday and found no decisions had been made. "I don't think they yet know what they're going to do," Corker said. Ron Gettelfinger, the president of the United Auto Workers, said the union had not held discussions with the White House.

JENNIFER LOVEN (AP)

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## Nation

# Desperate States Forgive Tax Cheats

Amnesty programs let people pay overdue bills without penalties

**BOSTON** | It turns out it's a pretty good time to be a tax cheat.

Desperate to bring in revenue in the middle of a recession, states across the country are adopting tax amnesty programs, offering to let people pay their past-due tax bills with little or no penalties.

"Something is better than nothing," said Dino DiCianno, executive director of the Nevada Taxation Department. DiCianno said Nevada gave up more than \$14 million in penalties and interest to collect nearly \$41 million between July and October.

Oklahoma, like Nevada, generated about twice as much as it expected from its offer of amnesty, raising \$82 million through its 90-day program. New York has a program under way, and Connecticut and Massachusetts are drawing up theirs.

State after state is facing a disastrous drop-off in tax revenue

because of the stock market collapse and the recession. Many states have already cut their budgets and started laying off employees.

"Anything you can do to speed up cash flow is cheaper than your alternatives, like borrowing," said Verenda Smith, spokeswoman for

**Many states are reluctant to offer amnesty, arguing that it rewards tax cheaters.**

the Federation of Tax Administrators.

Many states are reluctant to offer amnesty, arguing that it rewards tax cheaters.

"If the attitude is we're going to hand out get-out-of-jail-free cards, people's attitudes can change," said Paul Warren of the California Legislative Analyst's Office. "You can have a breakdown in compliance."

GLEN JOHNSON (AP)

### RICHMOND, VA. | HOLIDAY RUSH



**IN THE CARDS:** Adrian Hopper, a 30-year employee of the U.S. Postal Service, moves boxes of letters at the main U.S. Postal Service processing center on Monday. The mail service expected to process about 960 million cards and letters Monday. Dec. 15 is traditionally its busiest day of the year.

DEAN HOFFMEYER/AP



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140

The age, in millions of years, of the world's oldest spider web, according to a British scientist on Monday. The tiny tangled threads were found encased in a prehistoric piece of amber on England's south coast about two years ago.

## World

## Anti-Kidnapping Expert From U.S. Seized in Mexico

MEXICO CITY | A U.S. anti-kidnapping expert was abducted by gunmen in northern Mexico last week, a sign of just how bold Mexico's kidnapping gangs have become.

U.S. security consultant Felix Batista was in Saltillo in Coahuila state to offer advice on how to confront abductions for ransom when he was snatched by unknown assailants on Dec. 10, said Charlie LeBlanc, the president of the Houston, Texas-based security firm ASI Global LLC., where Batista is a consultant.

"We have notified the FBI and Mexican authorities, and they are working on the case," LeBlanc said Monday. "What we are doing is ... offering our support to the family and hoping for the best."

The U.S. Embassy in Mexico City said it would not comment on the case. MARK STEVENSON (AP)

# Arabs Hail Iraqi's 'Farewell' to Bush

Many in Mideast view journalist who threw his shoes as a hero

BAGHDAD | Iraqis and other Arabs erupted in glee Monday at the shoe attack on President Bush. Far from a joke, many in the Mideast saw the act by an Iraqi journalist as heroic, expressing the deep contempt many feel for the U.S. leader they blame for years of bloodshed, chaos and the suffering of civilians.

Images of Bush ducking the fast-flying shoes at a Baghdad press conference, aired repeatedly on Arab satellite TV networks, were cathartic for many in the Middle East, who have for years felt their own leaders kowtow to the American president.

Some Iraqis were appalled by the act, including Iraqi Kurdish lawmaker Abdullah al-Alayawi, who called it "irresponsible conduct"



Iraqis raise a shoe during a protest against President Bush in Baghdad's Sadr City neighborhood on Monday. An Iraqi reporter threw his shoes at Bush on Sunday.

and an affront to the Iraqi people. But such voices were drowned out by those who felt it was time someone stood up to the American president.

Bush "got what he deserves," said Jordanian businessman Raed Mansi in Amman. "I hope he got the message loud and clear: that he's loathed for his wrongdoing, for killing Muslim women and children in Iraq, Afghanistan and Palestine," the 52-year-old contractor said.

The scene bounced around Internet networking sites like YouTube and Facebook, showing Iraqi journalist Muntadhar al-Zeidi standing, hurling both his shoes at Bush and shouting in Arabic, "This is a farewell kiss, you dog. This is from the widows, the orphans and those who were killed in Iraq." (AP)

**Frustrated:** Journalist Muntadhar al-Zeidi had many reasons to throw shoes at Bush. | Today's Post, A Section

## HEARSAY | RIOTS

"The government cannot ... protect people — their rights or property — and it cannot identify with the anxiety felt by the younger generation."

—GEORGE PAPANDREOU, GREEK SOCIALIST OPPOSITION LEADER, ON THE COUNTRY'S ONGOING VIOLENT DEMONSTRATIONS — THE WORST IN DECADES.

## Taiwan, China Launch Direct Links

Start of rivals' shipping, air services formally ends 6-decade ban

KEELUNG, TAIWAN | Taiwanese jetliners and cargo ships left Monday for China to open a new era of direct air and shipping services with the mainland, formally ending a nearly six-decade ban on regular links



between the rivals.

The passenger flights and sailings reflected perhaps the most dramatic improvement in relations between the two sides since they split amid civil war in 1949.

Ties over the years have been consistently tense and, occasionally

Chinese officials celebrate new direct shipping links with Taiwan on Monday.

alarming, with both sides amassing missiles that remain pointed at each other across the Taiwan Strait.

Yet, recent flourishing economic ties have bound the two sides together, with annual bilateral trade now totaling about \$100 billion.

Taiwanese President Ma Ying-jeou said the new links will greatly boost Taiwan's economy and put an end to the sabre rattling of the past. "We will use dialogue to replace confrontation and reconciliation to replace conflicts," said Ma. (AP)

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## World



**PIG OUT:** Peruvian officials are urging cash-strapped citizens to dine on guinea pig for Christmas, hailing the Andean rodent as a low-cost, low-fat alternative to a traditional meal.



Protesters attack a car after Parliament chose opposition leader Abhisit Vejjajiva as Thailand's new prime minister Monday.

# Thailand Names New PM

## Opposition leader's selection triggers fresh protests in Bangkok

**BANGKOK, THAILAND** | Thailand's parliament chose the country's Oxford-educated opposition leader as prime minister Monday, capping six months of anti-government protests that included a weeklong take-over of Bangkok's two airports.

The selection of Abhisit Vejjajiva marks the first time in eight years that the government will be led by an opponent of exiled Prime Minister Thaksin Shinawatra, who has

loomed over Thai politics since he was ousted by a coup in 2006.

Abhisit, 44, will face an enormous challenge trying to unite the country — split in part between the middle class who are his base and the rural poor who backed Thaksin — and manage an economy buffeted by Thailand's political turmoil.

His appointment is expected to bring at least a brief period of calm, although the move unleashed new

protests by supporters of the previous government.

In Monday's vote in the lower house of parliament, Abhisit received support from 235 lawmakers, compared with 198 for a pro-Thaksin former national police chief.

As lawmakers arrived for the vote, Thaksin supporters tried to block the gates of parliament in a last-ditch attempt to prevent the outcome. Riot police later cleared a path for lawmakers to leave the compound. The demonstrators hurled rocks at vehicles and abuse at lawmakers inside, but most dispersed peacefully. **AMBIKA AHUJA (AP)**



Abhisit

# China Bans 17 Substances in Foods

## Government's list of forbidden additives includes insecticides

**BEIJING** | Substances commonly used as industrial dyes, insecticides and drain cleaners were included on a list of illegal food additives China released Monday as part of a months-long government crack-down aimed at improving the country's shoddy food safety record.

Among the 17 banned substances was boric acid, commonly used as

### FOOD FOR THOUGHT

China had previously banned some of the substances on its list of 17 illegal food additives, but the list appeared to be the first time the data were compiled.

→ China first banned the use of melamine in animal feed in June 2007, after pet food was found to contain excessive melamine.

→ Sudan red, a cancer-causing industrial dye used to color egg yolks, had also been banned. **(AP)**

an insecticide, which is mixed with noodles and meatballs to increase elasticity, a statement posted on the Ministry of Health Web site said.

Also forbidden was industrial formaldehyde and lye, used in making soap and drain cleaner and added to water used to soak some types of dried seafood to make the products appear fresher.

A scandal over melamine-tainted infant formula, which likely killed six babies and sickened 294,000 others this year, prompted the food safety campaign. **ANITA CHANG (AP)**





**QUARTER NOTE:** The U.S. Mint announced Monday that celebrated musician Duke Ellington will grace the District's new commemorative quarter, set to be released on Jan. 26, 2009. The motto "Justice for All" will be inscribed on the coin.

# Local

## Metro Sets Up \$7.5M PA System

Transit agency makes upgrades to improve sound quality for alerts

WASHINGTON | The Metro transit agency has started using a new public address system in dozens of underground rail stations in hopes of improving poor sound quality.

Passengers have long complained about inaudible messages in the cavernous concrete stations, and Metro hopes a \$7.5 million

**38**

The number of Metro-rail stations in which the public address system has been replaced, WMATA says.

upgrade in 38 stations helps fix the problem.

The new public address system includes speakers on most station platform pylons and walls. Two chimes are played just before an announcement to get passengers' attention.

Speakers were originally installed behind the stations' concrete arches, often creating echoes that made announcements difficult to understand.

Metro also announced Monday that it has replaced the radio system inside its Rail Operations Control Center. The original equipment was more than 30 years old. (AP)

## Report: D.C. OTR Lacked Oversight

Council investigation concludes there were no checks and balances

The D.C. Council Monday released its investigation of the Office of Tax and Revenue's nearly \$50 million scandal, saying there was no real system of checks and balances, which is what allowed Harriett Walters' scheme to flourish.

In September, Walters pleaded

guilty to taking more than \$48 million from the District as a low-level manager in the Real Property Tax administration.

"Walter's scheme was not highly sophisticated; to the contrary, it was rudimentary," according to the report presented to the Council by Bill McLucas of the law firm Wilmer Cutler Pickering Hale and Dorr LLP in conjunction with Price-waterhouse Coopers LLP.

"When we interviewed her, Wal-

ters mused repeatedly that she had been hiding in plain sight. OTR essentially had no formal policies and procedures in place to ensure the integrity of real property tax refunds."

The report also said that OTR has had a "snitches get stitches" culture, essentially one that threatened anyone inclined to blow the whistle.

The council's investigation was one of three launched in the wake

of the scandal, which came to light late last year.

Authorities have since concluded that Walters had been stealing from the city for 20 years.

Council Chairman Vincent C. Gray, D-Ward and D.C. Council member Jack Evans, D-Ward 2, said the city has worked to create more checks and balances since last year but noted that more changes still need to be made.

HAMIL R. HARRIS (THE WASHINGTON POST)

### RICHMOND, VA. | ELECTORAL COLLEGE VOTES



**BALLOT BABY:** Joshua Jalin Musick, 4 months, of Honaker, Va., takes a nap on a desk during the meeting of the Virginia Electoral College at the Capitol Monday. Joshua is the grandson of elector Robert Childress, of the 9th district. Va.'s presidential electors cast their 13 votes for Barack Obama.

## Obama, Biden Taking Train to Inauguration

WASHINGTON | President-elect Barack Obama will kick off his inaugural celebration on Jan. 17 — the weekend before his swearing in as the country's 44th president — by traveling on a train to the nation's capital.

He and his family will start their

daylong journey with an event in Philadelphia before boarding the train and picking up Vice President-elect Joe Biden and his family in Wilmington, Del. The president-elect and his group then will stop in Baltimore before making their way to Washington. (AP)

## The Lotteries

Monday, Dec. 15

### DISTRICT

Mid-day Lucky Numbers **5-9-5**  
Mid-day DC 4 **8-3-0-1**

### MARYLAND

Mid-day Pick 3 **8-6-3**  
Mid-day Pick 4 **9-1-0-5**

### VIRGINIA

Mid-day Pick 3 **5-8-4**  
Evening Pick 3 (Sun.) **6-4-0**  
Mid-day Pick 4 **9-5-3-5**  
Evening Pick 4 (Sun.) **4-0-6-2**  
Mid-day Cash 5 **2-13-19-27-30**  
Evening Cash 5 (Sun.) **3-7-24-25-28**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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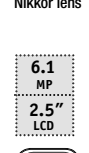
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# Money



Paul H. Hiller Jr., chief fiscal officer for Fairfield, Conn., is trying to determine whether part of the town's pension fund has fallen victim to investment fraud. Town officials say \$42 million of its pension investments were entrusted to Bernard Madoff.

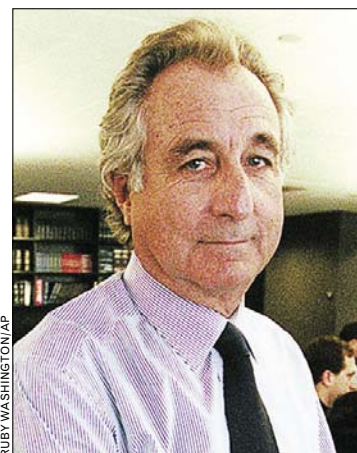
## Madoff Fallout Extensive

### Investor is accused of defrauding clients in \$50B Ponzi scheme

NEW YORK | The list of investors who say they were duped in one of Wall Street's biggest Ponzi schemes is growing, snaring some of the world's biggest banking institutions and hedge funds, the super rich and the famous, pensioners and charities.

The alleged victims who sunk cash into veteran Wall Street money manager Bernard Madoff's investment pool include real estate magnate Mortimer Zuckerman, the foundation of Nobel laureate Elie Wiesel, and a charity of movie director Steven Spielberg, according to the Wall Street Journal.

The 70-year-old Madoff, well-respected in the investment community after serving as chairman of the Nasdaq Stock Market, was arrested Thursday in what prosecutors say was a \$50 billion scheme to defraud investors. Some investors claim they've been wiped out,



Bernard Madoff was arrested Thursday in an alleged investment scheme.

while others are still likely to come forward.

The extent of the potential damage prompted a leading fund manager in London to lash out at U.S. regulators for failing to detect the fraud earlier.

"I think now it is very difficult for people to invest in things that are meant to be regulated in America, because they have fallen down in the job," Nicola Horlick,

the manager of Bramdean Alternatives, which has 9 percent of its funds invested in Madoff's scheme, told the British Broadcasting Corp.

"All through the credit crunch this has been apparent," Horlick added. "This is the biggest financial scandal, probably, in the history of the markets."

Reports from Florida to Minnesota included profiles of ordinary investors who gave Madoff their money. Some had been friends with him for decades; others were able to invest because they were a friend of a friend. They told stories of losing everything from \$40,000 to an entire nest egg worth well over \$1 million.

They join a list of more powerful investors who have come forward, all worried about the extent of their losses. The roster of names include former Philadelphia Eagles owner Norman Braman, New York Mets owner Fred Wilpon and J. Ezra Merkin, the chairman of GMAC Financial Services.

JOE BEL BRUNO AND JANE WARDELL (AP)



"After seeing Steve Williams' comments, all I could think of was how lucky I am to have a class act like Bones on my bag." — **Phil Mickelson**, who took exception to an insult by Tiger Woods' caddie. Woods decried his caddie's remarks.



## Sports



**SNAP JUDGMENT:** Redskins coach Jim Zorn looks on while his team trails 14-0 to Cincinnati Sunday. Zorn said he feels "like the worst coach in America" on Monday.

## Swengali

REDSKINS | BY MATT SWENSON

### There'll Always Be Next Season

"WAIT TILL NEXT YEAR" is a phrase that used to be most associated with the Brooklyn Dodgers but is now applicable to the Redskins.

Since Dan Snyder took over his favorite team, the future has always looked better than the present.

We were almost fooled this season. A 6-2 start made those of us who predicted a 6-10 record — or worse — look foolish. Now the naysayers are off by only one win while the Redskins free-fall toward 2008's end.

The snap judgment from Sunday's 20-13 loss to the dreadful Bengals is to question whether Jim Zorn really knows what he's doing or, at the very least, whether quarterback Jason Campbell is the right fit for Zorn's West Coast offense.

**Since Snyder took over his favorite team, the future has always looked better than the present.**

Now let's be realistic. Washington appears to lack the talent to compete on the highest of levels.

It seems likely Zorn had this team overachieving the first half of the season. And one more victory would match Joe Gibbs' total this year in his initial tenure (i.e. the good one).

Traditionally, it takes two to three years to successfully install a new offense, especially the West Coast attack. Barring a firing, Zorn will get a second year to adjust the Redskins to his schemes. Production should improve, as should Campbell.

If we look at this year as building the foundation, next year should be better. If it isn't better, it will be time to start over — and then the future will look bright again.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# Meltdown Puts Zorn on the Hot Seat

## Speculation mounts over firing as coach begins self-evaluation

REDSKINS | Saying he feels "like the worst coach in America," Jim Zorn began a two-day self-evaluation Monday into the meltdown that has plummeted his Washington Redskins out of the playoff race and prompted questions about his future.

Looking worn out and at least 10 years older than he did at training camp, Zorn had visible sweat on his brow at his weekly news conference. He reversed course from his season-

long theme that his schemes were solid but the players' execution was lacking after the team fell to 7-7.

Instead, after the Redskins' fifth loss in six games — a 20-13 defeat at lowly Cincinnati on Sunday — Zorn seemed to channel predecessor Joe Gibbs when he uttered the Hall of Fame coach's over-worn phrase: "It starts with me."

"I need to check my plan of attack," the first-year coach said. "And all of our staff, we need to re-evaluate what we're doing to see if we're going in the right direction. I really believe we're building a good foundation, but certainly when these things get strung across the

**"I need to check my plan of attack."**

JIM ZORN, REDSKINS COACH

board I certainly have to take — and do take — the responsibility for some of these games that just are not turning out like we have planned."

Zorn gave his players the day off so that he could take Monday and Tuesday to examine, as he put it, "all of the above."

Around Halloween, Zorn was being touted as a possible NFL coach of the year. Now, given owner Dan Snyder's heavy turnover rate with coaches, there's doubt as to whether Zorn will make it to New Year's.

For his part, Zorn spoke positively of his conversations with Snyder and front office chief Vinny Cerrato.

"I feel we have tremendous support from both those guys — I really do," Zorn said.

Cerrato, away on league business, did not host his usual radio segment Monday. He did not respond to an interview request made through a team spokesman. (AP)

# Goalie's Debut Catches Caps' Eyes

## Despite earning a win in Montreal, Varlamov will wait to be starter

CAPITALS | The Washington Capitals caught a glimpse of their future in goal on Saturday night. But even after Simeon's Varlamov's 32-save effort, it appears he'll remain just that — for now.

When — or even if — Varlamov will get another start in his first big league stint is unknown. But this much is certain: He gave everyone something to look forward to with his memorable debut at Montreal's Bell Centre, where the 20-year-old earned the first star in the Capitals' 2-1 victory, their third in a row and their fifth in six games.

"I've been impressed by him



Varlamov

Tuesday against the New York Islanders, is not a threat to either veteran

since I first saw him," goaltender Brent Johnson said. "He has explosive speed."

But Varlamov, who is expected to back up Johnson

— yet, at least. The plan for now is to keep him in Washington until Jose Theodore returns from his injury, then send him back to Hershey, Pa., where he ranks among the leaders in the American Hockey League with a 10-3-0 record and a .909 save percentage for more seasoning.

"He played really well [in Montreal], but we're going to have [to] keep working on his game like we do with all of our young goalies," General Manager George McPhee said.

TARIK EL-BASHIR (THE WASHINGTON POST)



## Sports



**NOT A GOLDEN RETRIEVER:** Olympic gold medalists Michael Phelps and Nastia Liukin appear in the final holiday doggie video from the White House. In the "Barney Cam" greeting, the Scottish terrier scampers amid the White House's holiday decorations before retiring for a nap and imagining himself as an athlete.

# Wright Stands Tall for Georgetown

Sophomore quickly excels as Hoyas' new starting point guard

**HOYAS HOOPS** | At 6 feet 1 inch tall, sophomore guard Chris Wright is the shortest player on a team renowned for its big men.

Still, Georgetown's starting point guard is seemingly always in the lane ready to shoot over his gargantuan opponents or make a timely pass to one of his teammates.

Saturday's game against Memphis was certainly no exception, especially in overtime, when Wright

made a nice spin move and then sunk a key basket in a 79-70 victory.

"It just shows that size isn't necessarily the biggest thing in games," said Wright, who scored 14 points. "If you play hard, you can overcome size."

After an injury-plagued freshman season, the former St. John's College High School (D.C.) star has quickly made a name for himself for his effort while taking over the starting point guard duties from Jonathan Wallace.

What Wright lacks in stature he makes up for in speed, hustle and instincts — which is why coach John



Georgetown sophomore Chris Wright scores against Memphis on Saturday.

**"If you play hard, you can overcome size."**

CHRIS WRIGHT, HOYAS GUARD

Thompson III entrusts him to lead the No. 15 Hoyas.

"Chris Wright gives you an honest effort," the coach said. "He works his behind off."

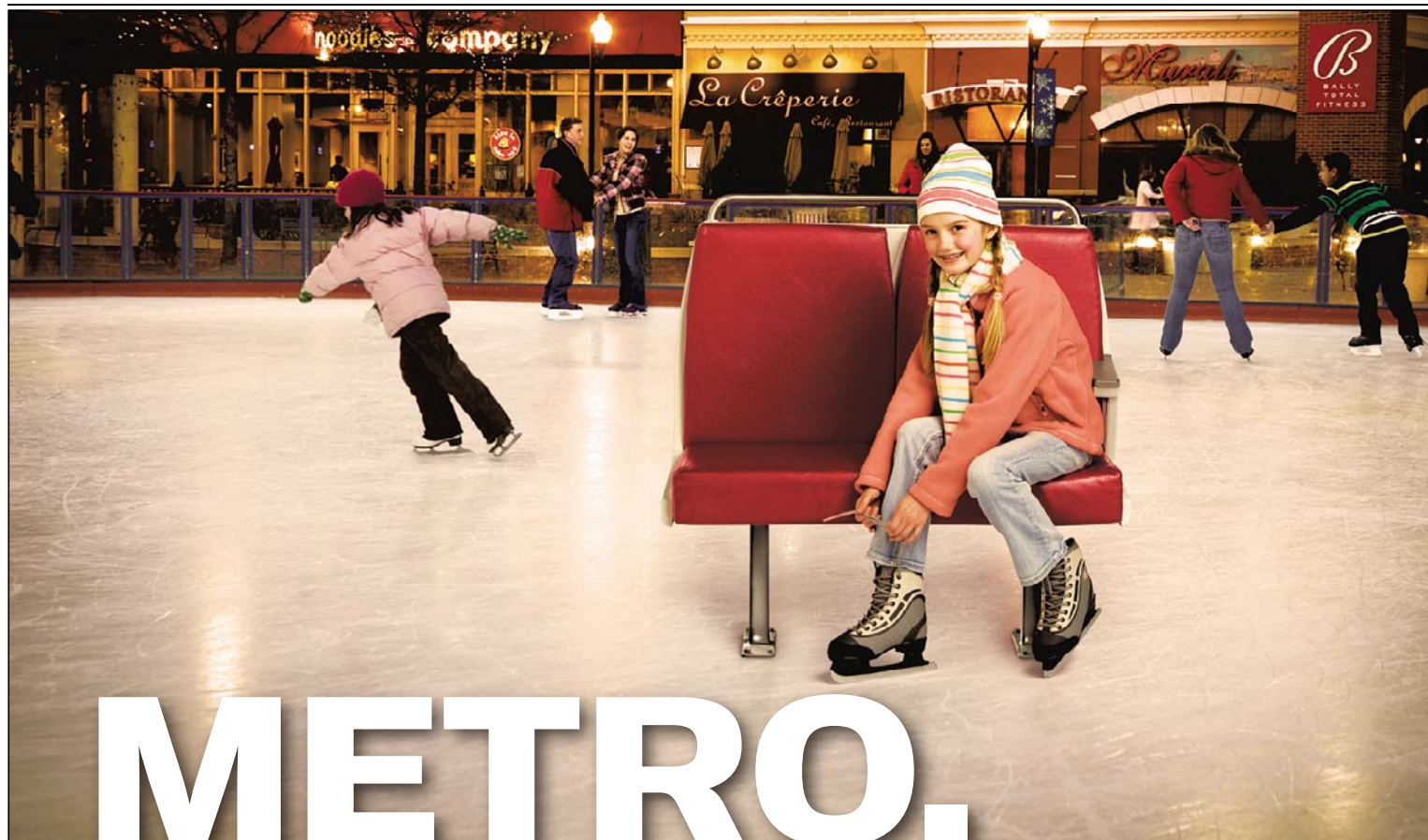
With a second unit that is still lagging early in the year, Thompson

has been forced to rely on his starting five to log heavy minutes. Wright was on the floor for 42 of the 45 minutes of game action Saturday, using his energy to lead the Hoyas (7-1) on offense and guard Memphis stand-out freshman Tyreke Evans.

He's been asked to learn while playing, but the learning curve is closing quickly, according to Thompson — who started Wallace in every game in his four years at Georgetown.

"He's growing up on the floor," Thompson said. "He's growing up off the floor. His understanding of getting his teammates involved, his understanding of what is a big possession and what is not — he's getting better at that."

MATT SWENSON (EXPRESS)



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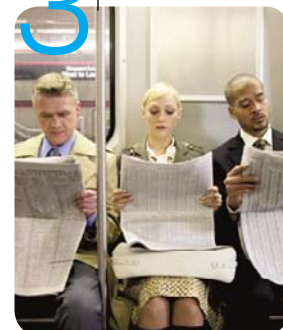
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**WHAT'S IN A NAME?:** The New Orleans Hornets have hired the Virginia-based Octagon sports marketing firm, which represents team stars Chris Paul and David West, to sell the naming rights to New Orleans Arena. The Hornets are entitled to revenue from the sale of the naming rights as part of the deal that brought the franchise to New Orleans in 2001.

## Sports

### In Brief



Reggie Theus was fired after compiling a 44-62 record as Sacramento's coach.

#### NBA

#### Last-Place Kings End Theus' Short Reign as Head Coach

Reggie Theus was fired as coach of the Sacramento Kings on Monday after a 6-18 start to his second season with the club. Assistant coach Kenny Natt took over the Kings at their shootaround before Monday night's game against Minnesota, spokesman Troy Hanson said. Natt is Sacramento's fourth coach in less than three years. The Kings have lost 10 of 11 to fall into last place in the Pacific Division, with only a win over the Los Angeles Lakers in the last 3½ weeks. (AP)

#### COLLEGE FOOTBALL

#### Bucs' Kiffin to Join Son's Coaching Staff at Tennessee

Tampa Bay Buccaneers defensive coordinator Monte Kiffin will join his son's staff for the Tennessee Volunteers. Kiffin told reporters Sunday after the Bucs' loss to the Atlanta Falcons that he told players and his assistant coaches last week of his decision. The 33-year-old Lane Kiffin was introduced as the Vols' new coach Dec. 1. (AP)

#### BASEBALL

#### Phils Keep Moyer, Add Park

Jamie Moyer agreed Monday to a two-year contract that keeps the 46-year-old left-hander with the World Series champion Phillies. Philadelphia also confirmed it has a preliminary agreement with Chan Ho Park. And on a busy day in Phillies news, All-Star second baseman Chase Utley said he is recovering well from hip surgery and hopes to be ready for opening day. (AP)

# Ravens Look to Finish on High Note

## Team works to end 4th-quarter problems, clinch AFC wild card

**RAVENS** | If the Baltimore Ravens are to put a positive finish on the regular season, they must play better at the end of the game.

A 13-9 loss to the Pittsburgh Steelers on Sunday eliminated Baltimore from contention in the AFC North, but the Ravens (9-5) will earn a wild-card berth if they win their final two games — at Dallas on Saturday night and at home against Jacksonville on Dec. 28.

That will be their focus this week. Coach John Harbaugh said Monday there is nothing to be gained by lamenting the ending of the Pittsburgh game, in which Santonio Holmes was credited with a touchdown catch after a replay review reversed the on-field decision that the Steelers receiver came up short of the goal line.

Whether the referees got it right or not is debatable, but there is no disputing Harbaugh's disappointment in Baltimore's play leading up to the touchdown. Taking over at its own 12 with 3:36 left, Pittsburgh used pass completions of 12, 13, 16,



Santonio Holmes' controversial fourth-quarter touchdown catch sealed a win and season sweep for the Steelers over the Ravens.

16, 9, 24 and 10 yards to get into position for the game-winner.

"It's our job not to put the official in position to have to make that call," Harbaugh said. "If we do our job better, if we finish in crunch time, it won't even be an issue. We

don't need the officials' help to win a football game."

The game probably wouldn't have hinged upon a last-minute call if the Ravens had taken advantage of their opportunities against the league's top-ranked defense. Three

times Baltimore got inside the Pittsburgh 20, and three times had to settle for field goals. "We killed ourselves," said Le'Ron McClain, who gained 87 yards on 23 carries. "We had them on the ropes. We couldn't knock them out." (AP)

# Lions' Pride Not Affected by Losses

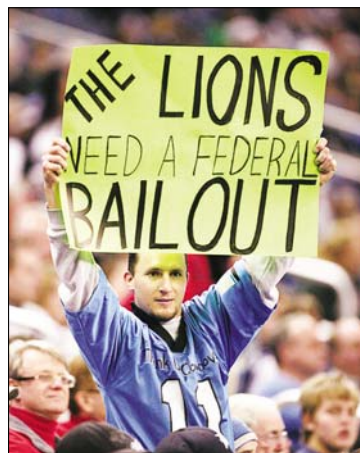
## Detroit organization plans to fight to avoid infamous winless year

**NFL** | The Detroit Lions are proud that they've stuck together and competed during their winless season.

Players haven't blamed teammates, coaches or the front office. Rod Marinelli has steadfastly stood by his much-maligned players and oft-criticized staff during a march toward NFL infamy.

Would those feel-good facts comfort quarterback Dan Orlovsky if the Lions end up being the league's first 0-16 team?

"No, it would be embarrassing," Orlovsky said Monday. "At the end of the day, you don't want that next to your name."



A fan holds up a sign during the Lions' 47-10 loss to Tennessee on Nov. 27.

Detroit (0-14) needs to beat the New Orleans Saints (7-7) on Sunday at home to avoid the first 0-15 record in league history.

If the Lions lose, their season will mercifully end at Green Bay — where they haven't won since 1991 — hoping to avoid the dubious distinction of being the NFL's first team to finish 0-16.

"We know the situation ahead of us and the circumstance," said Orlovsky, who will start against New Orleans. "We have a really good group of guys who aren't going to quit. Everyone knows what we're trying to avoid."

The 1976 expansion Tampa Bay Buccaneers were the last team to go winless in a full season.

Detroit had a shot to win Sunday at Indianapolis, tying the game early in the fourth quarter on a 91-yard drive and two-point conversion before giving up 10 straight points and losing 31-21. (AP)

# Chiefs President, GM Steps Down

**NFL** | Kansas City Chiefs president and general manager Carl Peterson has resigned, effective at the end of the season.

Owner Clark Hunt confirmed the resignation Monday.

Peterson took over in 1989. He hired Marty Schottenheimer as coach and they built the Chiefs into an NFL powerhouse over the next 10 years.

However, Kansas City faltered the past decade and seemed to hit a low point with an emotionally draining 22-21 loss Sunday to San Diego, which left the Chiefs 2-12.

During Peterson's 20 years at the helm, the Chiefs amassed a 176-141-1 record, won the AFC West four times and reached the AFC Championship game in 1993. (AP)





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Philadelphia Soul co-owner Jon Bon Jovi stands on the sidelines of a practice. The Arena Football League owners voted to cancel the 2009 season Monday.

Arena League Is  
Living on a PrayerOwners vote to cancel  
2009 season, leaving  
AFL's future in doubt

**THE END?** | The Arena Football League canceled its 2009 season Monday pending an agreement with its players union. The decision throws the future of the 22-year-old league into question just days after it said next season had not been suspended.

The AFL's owners voted against playing next year during a conference call Sunday night. It was unclear what had changed since the league issued a statement Wednesday night that said the 2009 season had not been suspended.

The league said Monday it was "developing a long-term plan to improve its economic model."

The AFL's woes come at a time when the world of sports, once thought to be largely recession-proof, has felt the economic chill. The NFL has said it would cut 150 jobs, while the NBA and NASCAR also have laid off dozens of workers.

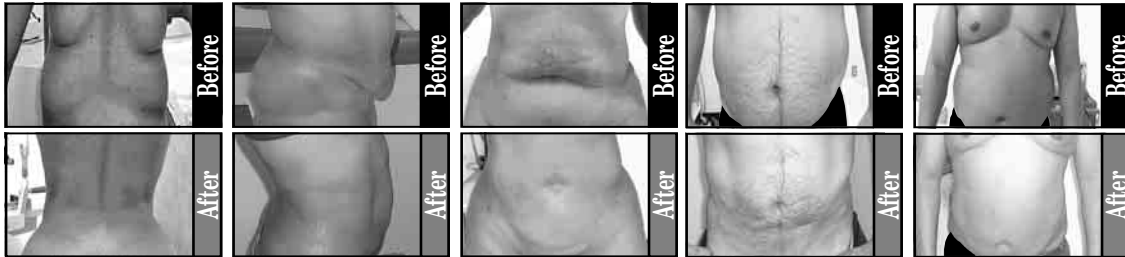
The AFL had been in limbo for weeks. With rumors swirling about its viability, the 16-team league delayed indefinitely the start of free agency, the release of next season's schedule and a dispersal draft to award players from the defunct New Orleans Voodoo.

"These are trying economic times," rocker Jon Bon Jovi, co-owner of the ArenaBowl champion Philadelphia Soul, said in a statement. "The revamping will ensure that the AFL continues to provide value to its fans and not only survives but thrives in the years to come." (AP)

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## TODAY'S TV LINEUP

**CAPITALS (7 P.M. ON VERSUS)** The Capitals try to solve their problems on the road when visiting the New York Islanders.  
**MEN'S COLLEGE HOOPS (7 P.M. AND 9:30 P.M. ON ESPN2)** South Florida vs. Vanderbilt and

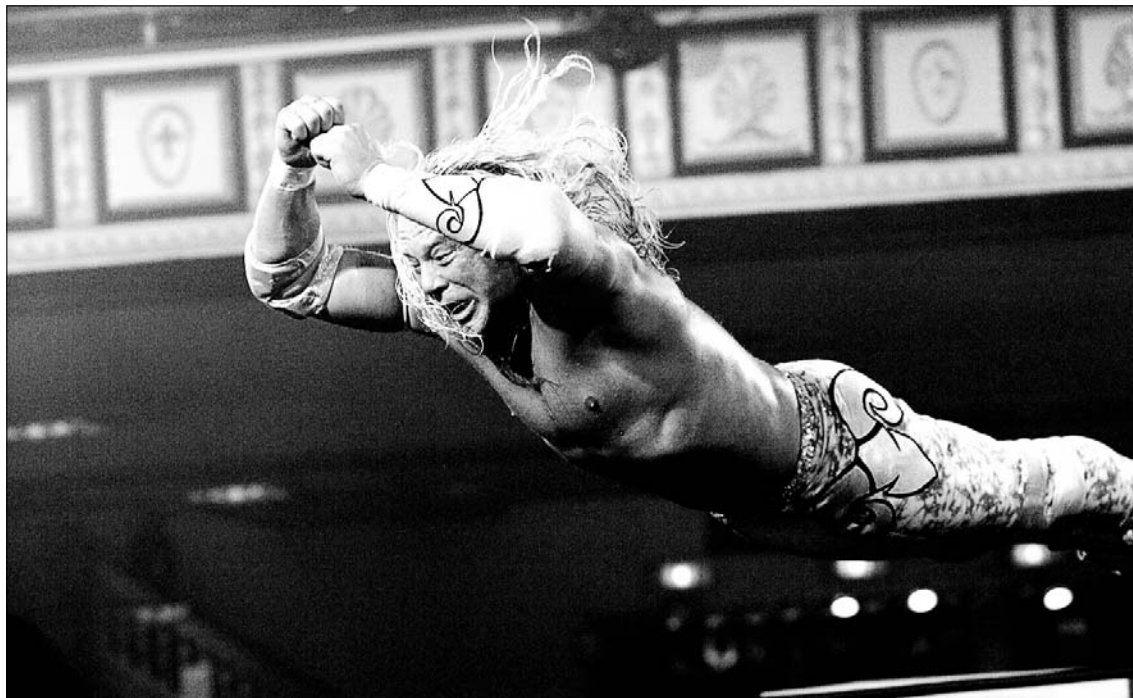
No. 23 Marquette vs. No. 16 Tennessee.  
**WOMEN'S COLLEGE HOOPS (7:30 P.M. ON ESPN)** An early look at the Final Four? Maybe so when No. 11 Duke hosts No. 3 Stanford in a battle of traditional powers.





**THEY KNOW THEY'VE MADE IT:** Mary J. Blige and Tyler Perry are among the luminaries BET plans to celebrate at its second annual BET Honors. The R&B queen and the filmmaker are set to join Magic Johnson, Judith Jamison and congressman James E. Clyburn on Jan. 17.

## Entertainment



**POWER MOVE:** Mickey Rourke is back and being noticed — critics everywhere are lauding his performance in "The Wrestler."

# Rourke Mania

**A once-dormant actor jumps back into the ring with a vengeance**

**COMEBACK** | Fame and acclaim have been in such an advanced state of hibernation for Mickey Rourke these last two decades that their abrupt re-emergence over his new picture, "The Wrestler," coming out Christmas day, has left him a mite

misty-eyed, reeling from the predicted probability of an Academy Award nomination for his unsparingly real title portrayal.

The situation first presented itself at this year's Venice Film Festival, where "The Wrestler" was screened only two days after its completion and walked off with the Golden Lion award for Best Picture. Rourke would also have walked off as Best Actor, but a

longstanding festival rule insists that one film is not allowed to win both awards.

The extravagant hosannas went into a second chorus when the Fox Searchlight picture was unspooled for the New York Film Festival, and, at the press conference that followed the screening, Rourke seemed visibly moved by the enthusiastic reception.

"If I knew 15 years ago that it

was going to take 15 years to get back in the saddle and work again because of the way I handled things, I really would have handled things differently," he confessed, choking back emotion.

In 1991, at the height of his Hollywood power, Rourke blithely surrendered stardom for boxing, feeling that he "was self-destructing [and] had no respect for myself being an actor." True, as a pro boxer he won all his fights against minor opponents (and had one fight end in a draw), but his age kept him away from top-level fighters and national prominence.

Coming at this point in time, "The Wrestler" — a.k.a. Randy "The Ram" Robinson (born, though he denies it, Robin Robinson) — has proved to be a real gift to the 54-year-old Rourke from Darren Aronofsky, a nearly 40 director with four films to his credit. It's hard to overlook the fact that both the role and the actor have remarkable, genuine synchronicity, both going for a redemptive, eleventh-hour comeback in the same vehicle.

Given where the actor is coming from and where the character is going, Aronofsky is teasingly slow at the outset in showing the audience what the ravages of time and an onslaught of fists have done to the face of Rourke.

"People are curious about Mickey — what he looks like, who he is. He's such a unique personality out there. There's nobody like him, and I think that's very exciting." **HARRY HUAN** (FILM JOURNAL INTERNATIONAL)



After all these years, Jon Bon Jovi still has fans who want to see him live.

## Living On a Lot Of Money

**While the economy sank, Bon Jovi scored big on concert tickets**

**MONEYMAKERS** | Bon Jovi's refrain for 2008 could well be, "Have a nice payday," as the veteran New Jersey rock band topped Billboard's tally of the year's most lucrative concert tours worldwide.

The group attracted nearly 2.2 million fans and grossed \$210.6 million, outpacing fellow Jerseyites Bruce Springsteen and the E Street Band's "Magic" tour, which raked in \$204.5 million during the period of Nov. 14, 2007, through Nov. 11, 2008, covered by the magazine's survey.

Madonna's "Sticky and Sweet" tour, which is continuing, tallied \$162 million during the period to place third, followed by the second leg of the Police's reunion tour, which brought in \$150 million.

Celine Dion rounded out the top five, generating \$91 million on her return to the concert trail after being in Las Vegas for five years.

The rest of Billboard's Top 10 includes Kenny Chesney (\$86 million), Neil Diamond (\$81.2 million), the Spice Girls (\$70 million), the Eagles (\$56.6 million) and Rascal Flatts (\$55.8 million). **RANDY LEWIS** (LOS ANGELES TIMES)

# Immortalized on the Page

**Marjorie Williams is memorialized in her own pieces of writing**

**BOOK** | The late Marjorie Williams was one of those preternaturally liberated spirits with a keen eye for cant. That left her free not only to be a much-loved wife, mother and friend but also to become one of the best American journalists of her generation. The Washington Post columnist's death, in 2005 at age 47, was a

loss not only to her family but also to all those who believe there is a special value to intelligent observation, elegantly expressed on the page.

"Reputation: Portraits in Power" is the second posthumous collection of her work to be edited by her husband, Slate columnist Timothy Noah. The first, "The Woman at the Washington Zoo: Writings on Politics, Family, and Fate," was a surprise best-seller because it incorporated examples of her columns and unpublished essays that opened an autobiographical win-



Williams, a columnist for The Washington Post, died in 2005 at age 47.

dow on an extraordinary woman.

"Reputation," though lacking the first collection's intimacy, offers its own bracing rewards to anyone interested in the uses of power and the craft of the portrait. As Jack Shafer says in a cover blurb: "Some day the great Washington novel of power and scheming, of campaign hacks and backroom deals will be written. But until that day comes, my key to that world will be the collected journalism of Marjorie Williams."

**TIM RUTTEN** (LOS ANGELES TIMES)



## Entertainment



**VAN CAUSES DELAYS:** Van Morrison fans will have to wait for the live recording from recent concerts. Morrison announced plans to release a live set by Christmas, but a spokesman for the musician said this week that the recording might not be ready until February.

# The Pursuit of True Challenges

## Will Smith ditches the bad boy character to pursue A-list roles

**MATURITY** | Though he's been a movie star for a long time, Will Smith has matured during the past year, tackling unexpected and even risky roles for an A-list Hollywood actor.

He starred in the apocalyptic thriller "I Am Legend" — with only a dog to act with for part of the movie — and then played an outcast superhero in "Hancock" this past summer. He now stars as a regretful man trying to make amends for a past mistake in "Seven Pounds," coming out Friday, per-

haps his most challenging role to date. It is a departure from Smith's mainstream action heroes in "Bad Boys" and "Independence Day" — and light years away from his days as a rapper from Philadelphia.

"I've been exploring the idea of trauma and the relationship between trauma and continuing on in life," says Smith in his clear booming voice. "I was attracted to 'Seven Pounds' because there were ideas and emotions."

The drama reunites the popular and versatile actor with his "Pursuit of Happyness" director Gabriele Muccino. Smith plays Ben Thomas, a man with a haunting secret. Ben has compiled a list of seven strang-



In "Seven Pounds," Smith plays the most subtle, intense character of his career.

ers whose lives he hopes to change. The movie raises provocative questions about life, death, regret, forgiveness, strangers, friendship, love and redemption.

Muccino discussed the project with Smith while they were making "Pursuit of Happyness" a few years ago. (Smith earned his second Oscar nomination for the "Happyness" role; his first nod came for the title role in the 2001 biopic "Ali.")

At the outset of "Seven Pounds," Ben is troubled yet determined. His motives are unclear. He checks out each of the people on his list in surreptitious ways to see whether they're "deserving." It was a balancing act for the actor not to give away too much too soon.

"Will had to underplay him for more than half the movie," Muccino says. "Ben is nothing like Will." ANGE-

LA DAWSON (ENTERTAINMENT NEWS WIRE)

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**'STARGATE' MASTER:** Robert Carlyle has been tapped as the lead in Sci Fi Channel's new series "Stargate Universe," the third installment in the cable channel's "Stargate" franchise. Production on the series is slated to begin in February.

## Entertainment

# Comin' Down the Road

## Former CCR frontman John Fogerty plans to release a new album

**RELEASES** | A pair of returns will mark a creative outburst from John Fogerty in 2009.

The former Creedence Clearwater Revival frontman is finish-

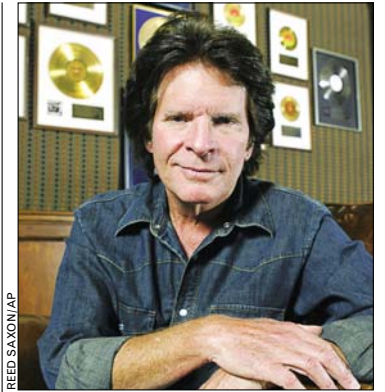
ing work on "John Fogerty: The Return of the Blue Ridge Rangers," a sequel of sorts to his 1973 solo set of vintage country and roots covers, "Blue Ridge Rangers." He'll also be putting out "John Fogerty — Comin' Down the Road," a DVD chronicling his first concert at London's Royal Albert Hall, which took place earlier this year, and a documentary

about his life and career.

Fogerty tells Billboard that he's long hoped to return to the Blue Ridge Rangers concept, but not as the one-man band he was on the original. "I've known for years that if I ever did a Blue Ridge Rangers album again I sure didn't want to play all the instruments," Fogerty explains. "I had long felt that was

probably something that was wrong with the first album."

Fogerty does some more looking back on the "Comin' Down the Road" DVD. In addition to the concert — a 12-camera HD affair that traverses his CCR and solo career and features guest appearances by his teenage sons Shane and Tyler — the documentary features extensive interviews with Fogerty and visits to El Cerrito, Calif., where he grew up, and CCR's Cosmos Factory rehearsal hall/studio. **GARY GRAFF (BILLBOARD.COM)**



Ex-CCR frontman John Fogerty plans to release a nostalgic CD and DVD.



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2:40, 5:15, 7:45, 10:15

**DIGITAL 3D**  
**BOLT IN DISNEY DIGITAL 3D (PG)** 2:10, 4:30, 7:00, 9:25

THE DAY THE EARTH STOOD STILL (PG13) ✓ 1:30, 2:15, 4:15, 4:45, 6:45, 7:15, 9:15, 9:45

DELGO (PG) 2:30, 5:00, 7:20, 9:35

PUNISHER: WAR ZONE (R) 1:25, 2:00, 4:15, 4:50, 6:50, 7:20, 9:25, 9:55

AUSTRALIA (PG13) 1:05, 2:25, 4:35, 6:05, 8:05, 9:35

FOUR CHRISTMASSES (PG13) 1:00, 2:15, 3:15, 4:35, 5:35, 6:55, 7:55, 9:10, 10:10

TRANSPORTER 3 (PG13) 2:05, 4:55, 7:25, 9:50

BOLT (PG) 2:35, 5:05, 7:30, 9:55

TWILIGHT (PG13) 1:20, 3:50, 4:20, 6:35, 7:05, 9:20, 9:50

QUANTUM OF SOLACE (PG13) 1:40, 2:10, 4:25, 5:00, 7:00, 7:30, 9:30, 10:00

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:45, 5:10, 7:25, 9:40

ROLE MODELS (R) 2:50, 5:15, 7:40, 10:05

**AMC SELECT**

NOTHING LIKE THE HOLIDAYS (PG13) ✓ 2:25, 5:10, 7:35, 10:05

CADILLAC RECORDS (R) 1:35, 2:20, 4:30, 5:05, 7:10, 7:40, 9:45, 10:15

CADILLAC RECORDS (R) 1:35, 4:30, 7:10, 9:45

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
1 (888) AMC-4FUN

**IMAX** THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13)  
1:20, 4:10, 7:00, 9:50

**DIGITAL 3D**  
**BOLT IN DISNEY DIGITAL 3D (PG)** 12:45, 3:10, 5:40, 8:10

THE DAY THE EARTH STOOD STILL (PG13) 2:40, 5:30, 8:20

DELGO (PG) 12:30, 2:50, 5:10, 7:20, 9:35

PUNISHER: WAR ZONE (R) 7:10, 10:00

AUSTRALIA (PG13) 1:00, 4:55, 9:00

FOUR CHRISTMASSES (PG13) 1:00, 12:40, 3:00, 5:25, 7:40, 10:25

TRANSPORTER 3 (PG13) 2:40, 5:20, 7:50, 10:15

BOLT (PG) 2:15, 4:40

TWILIGHT (PG13) 1:30, 4:20, 7:35, 10:35

QUANTUM OF SOLACE (PG13) 2:30, 5:15, 8:00, 10:30

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:55, 4:15, 6:50, 9:30

ROLE MODELS (R) 2:20, 5:00, 7:25, 9:55

**AMC SELECT**

NOTHING LIKE THE HOLIDAYS (PG13) 2:10, 4:50, 7:30, 10:10

CADILLAC RECORDS (R) 1:45, 4:30, 7:15, 9:45

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

**DIGITAL 3D**  
**BOLT IN DISNEY DIGITAL 3D (PG)** 2:55, 5:20, 7:50, 10:15

THE DAY THE EARTH STOOD STILL (PG13) 1:45, 3:00, 4:20, 5:35, 7:00, 8:15, 9:40

THE DAY THE EARTH STOOD STILL (PG13) 1:45, 4:20, 7:00, 9:40

PUNISHER: WAR ZONE (R) 5:05, 10:10

AUSTRALIA (PG13) 3:15, 6:50, 10:25

FOUR CHRISTMASSES (PG13) 1:10, 3:25, 5:45, 8:05, 10:20

TRANSPORTER 3 (PG13) 2:35, 7:35

TWILIGHT (PG13) 1:25, 8:00, 10:30

QUANTUM OF SOLACE (PG13) 2:00, 4:35, 7:15, 9:55

ROLE MODELS (R) 2:25, 4:55, 9:50

**AMC SELECT**

FROST/NIXON (R) 1:00, 1:55, 3:35, 4:50, 6:30, 7:45, 9:30, 10:30

SLUMDOG MILLIONAIRE (R) 1:05, 2:20, 3:55, 5:10, 6:45, 8:00, 9:35

NOTHING LIKE THE HOLIDAYS (PG13) 2:30, 5:00, 7:30, 10:05

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

**IMAX** THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) ✓  
1:20, 4:10, 7:00, 9:50

**DIGITAL 3D**  
**BOLT IN DISNEY DIGITAL 3D (PG)** 1:55, 4:30, 7:10, 9:40

THE DAY THE EARTH STOOD STILL (PG13) ✓ 12:45, 2:00, 3:30, 4:50, 6:20, 7:40, 9:10, 10:30

DELGO (PG) 2:10, 4:35, 7:05, 9:20

PUNISHER: WAR ZONE (R) 2:35, 5:10, 7:55, 10:25

AUSTRALIA (PG13) 1:30, 5:00, 8:30

FOUR CHRISTMASSES (PG13) 2:50, 5:15, 7:45, 10:05

FOUR CHRISTMASSES (PG13) 1:40, 4:05, 6:30, 9:00

TRANSPORTER 3 (PG13) 1:35, 4:20, 6:50, 7:50, 9:25, 10:20

BOLT (PG) 2:45, 5:20

TWILIGHT (PG13) 12:55, 1:50, 3:45, 4:40, 6:35, 7:30, 9:30, 10:15

QUANTUM OF SOLACE (PG13) 2:15, 4:55, 7:35, 10:10

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:40, 5:05, 7:20, 9:35

ROLE MODELS (R) 2:55, 5:25, 8:00, 10:25

**AMC SELECT**

NOTHING LIKE THE HOLIDAYS (PG13) ✓ 1:45, 4:25, 7:15, 9:45

CADILLAC RECORDS (R) 2:05, 4:45, 7:25, 10:00

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

THE DAY THE EARTH STOOD STILL (PG13) ✓ 1:50, 2:40, 4:20, 5:20, 7:00, 8:00

DELGO (PG) 3:30, 5:40, 7:50

TRANSPORTER 3 (PG13) 5:10

BOLT (PG) 2:00, 4:30, 6:50

**AMC SELECT**

MILK (R) ✓ 4:00, 7:10

NOTHING LIKE THE HOLIDAYS (PG13) ✓ 2:30, 4:50, 7:20

CHANGELING (R) 2:10, 7:30

RACHEL GETTING MARRIED (R) 2:20, 5:00, 7:40

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

THE DAY THE EARTH STOOD STILL (PG13) 1:20, 4:10, 7:00, 9:50

PUNISHER: WAR ZONE (R) 12:10, 2:40, 5:10, 7:40, 10:15

FOUR CHRISTMASSES (PG13) 12:05, 2:15, 4:45, 7:15, 9:45

FOUR CHRISTMASSES (PG13) 12:05, 2:15, 4:45, 7:15, 9:45

TRANSPORTER 3 (PG13) 12:20, 2:50, 5:20, 7:50, 10:25

BOLT (PG) 12:05, 2:30, 5:00, 7:15, 9:45

TWILIGHT (PG13) 1:05, 4:05, 7:05, 10:05

QUANTUM OF SOLACE (PG13) 1:25, 4:25, 7:25, 9:55

MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:10, 2:20, 4:40, 7:10, 9:40

SOUL MEN (R) 12:05, 2:35, 5:05, 7:35, 10:10

**AMC SELECT**

NOTHING LIKE THE HOLIDAYS (PG13) 1:10, 4:20, 7:20, 10:00

CADILLAC RECORDS (R) 12:15, 1:30, 2:45, 4:15, 5:15, 6:45, 7:45, 9:15, 10:15

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

THE BOY IN THE STRIPED PAJAMAS (PG13) 2:20, 7:40

I'VE LOVED YOU SO LONG (PG13) 1:35, 4:10, 7:10

**AMC SELECT**

SLUMDOG MILLIONAIRE (R) 1:45, 2:45, 4:30, 5:25, 7:20, 8:05

MILK (R) 1:30, 2:30, 4:15, 5:15, 7:00, 8:00

HAPPY-GO-LUCKY (R) 4:35

RACHEL GETTING MARRIED (R) 1:40, 4:25, 7:05

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

THE DAY THE EARTH STOOD STILL (PG13) 2:30, 5:00, 7:30

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

**DIGITAL 3D**  
**BOLT IN DISNEY DIGITAL 3D (PG)** 12:50, 3:15, 5:50, 8:15, 10:35

THE DAY THE EARTH STOOD STILL (PG13) ✓ 12:20, 1:20, 2:15, 3:05, 4:10, 5:05, 6:10, 7:00, 8:05, 9:00, 9:50, 10:45

DELGO (PG) 12:45, 2:55, 5:10, 7:25, 9:35

PUNISHER: WAR ZONE (R) 1:40, 4:15, 7:10, 9:40

AUSTRALIA (PG13) 1:30, 5:00, 8:30

FOUR CHRISTMASSES (PG13) 12:25, 1:45, 2:45, 4:10, 5:25, 6:25, 7:50, 8:40, 10:15

TRANSPORTER 3 (PG13) 12:55, 3:20, 5:40, 8:10, 10:30

BOLT (PG) 1:50

TWILIGHT (PG13) 1:25, 4:20, 7:15, 10:05, 10:50

QUANTUM OF SOLACE (PG13) 4:25, 7:05, 9:45

QUANTUM OF SOLACE (PG13) 12:30, 3:00, 5:45, 8:25, 10:55

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:30, 4:05, 6:15, 8:35, 10:50

**AMC SELECT**

NOTHING LIKE THE HOLIDAYS (PG13) ✓ 12:40, 3:10, 5:35, 8:00, 10:20

CADILLAC RECORDS (R) 1:55, 4:40, 7:20, 9:55

**AMC MAZZA GALLERIE**

Jenifer and Wisconsin  
202-537-9553

PUNISHER: WAR ZONE (R) 5:15

AUSTRALIA (PG13) 3:30, 7:00

FOUR CHRISTMASSES (PG13) 2:00, 4:30, 7:15

TRANSPORTER 3 (PG13) 2:30, 8:00

BOLT (PG) 2:45, 5:10, 7:45

TWILIGHT (PG13) 1:30, 4:15, 7:30

QUANTUM OF SOLACE (PG13) 1:40, 4:00, 6:45

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:50, 4:10

**LOEWS RIO CINEMAS 18**

9811 Washingtonian Boulevard  
301-948-0906

**DIGITAL 3D**

**BOLT IN DISNEY DIGITAL 3D (PG)** 2:05, 4:25, 7:25, 9:50

THE DAY THE EARTH STOOD STILL (PG13) ✓ 1:00, 1:45, 2:30, 3:30, 4:10, 5:00, 6:00, 6:45, 7:45, 8:30, 9:15, 10:10

DELGO (PG) 1:25, 3:40, 6:05, 8:20, 10:30

THE BOY IN THE STRIPED PAJAMAS (PG13) 1:55, 4:20, 7:00, 9:30

PUNISHER: WAR ZONE (R) 1:55, 4:20, 7:00, 9:30

AUSTRALIA (PG13) 1:10, 4:40, 8:10

FOUR CHRISTMASSES (PG13) 2:10, 4:30, 7:25, 9:40

FOUR CHRISTMASSES (PG13) 1:05, 3:20, 5:45, 8:00, 10:20

TRANSPORTER 3 (PG13) 2:20, 4:50, 7:35, 10:00

BOLT (PG) 1:30

TWILIGHT (PG13) 2:35, 4:05, 5:20, 7:10, 8:05, 9:55

QUANTUM OF SOLACE (PG13) 1:20, 4:15, 7:15, 9:45

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:40, 3:55, 6:30, 9:00

ROLE MODELS (R) 1:30, 4:00, 7:05, 9:25

**AMC SELECT**

NOTHING LIKE THE HOLIDAYS (PG13) ✓ 2:15, 4:45, 7:30, 10:00

CADILLAC RECORDS (R) 2:25, 4:55, 7:40, 10:15

**LOEWS WHITE FLINT 5**

North Bethesda  
1-800-FANDANGO #741

THE DAY THE EARTH STOOD STILL (PG13) 2:05, 4:50, 7:40

AUSTRALIA (PG13) 3:00, 6:45

FOUR CHRISTMASSES (PG13) 2:35, 5:05, 7:30

BOLT (PG) 2:15, 4:45, 7:05



## Entertainment

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

### Know the filing deadline for your business:

- **Large businesses** (250 or more employees): **FEBRUARY 1<sup>st</sup>**
- **Medium businesses** (100-249 employees), selected **small businesses** (less than 100 employees), and commercial property owners: **MARCH 1<sup>st</sup>**

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in costly fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to: [www.montgomerycountymd.gov/recycling](http://www.montgomerycountymd.gov/recycling).

## Have you filed your annual business recycling report?



**Don't Delay. File Today.**  
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Brian d'Arcy James is Shrek in the flesh, accompanied here by Donkey and Fiona.

## Broadway Goes Green In 'Shrek'

### The princess and the ogre hit theaters with moderate success

**THEATER** | As that old Kermit the frog standard goes, it's not easy "Bein' Green," but the folks at DreamWorks have done their darndest to make sure we are entertained by "Shrek the Musical," the company's lavish stage adaptation of its hit animated movie.

For much of the time, they succeed, thanks to the talent and ingratiating appeal of the show's four principal performers, starting with Brian d'Arcy James as that disagreeable, smelly green ogre who lives in a swamp.

James, whose rotund Shrek resembles a chartreuse Ed Asner with tiny trumpet-like ears, has one of those robust voices that fills the theater. Even encased in what looks like a rubberized fat suit, his forceful personality comes through and drives the story.

If the show, which opened Sunday at the Broadway Theatre, sometimes settles for efficiency over inspiration, so be it. That's one of the pitfalls of closely iden-

tifying your product — and these days, musicals aspire, above all, to brand-name profitability — with its original source material. You have to satisfy the fans of the film and theatergoers who may never have heard of the movie or the William Steig book on which it is based.

Shrek is accompanied on his meandering adventures by the wise-cracking Donkey, portrayed with eyelash-batting impishness by Daniel Breaker. David Lindsay-Abaire's book becomes a series of scenes that don't quite build into a satisfying whole despite director Jason Moore's yeoman efforts to keep things moving as fast as possible.

Villains often get the best lines in these stories, and the major meanie in "Shrek" is no exception.

Siebert's preening, height-challenged Lord Farquaad is played here as a distant relative of director Roger De Bris in "The Producers," and the actor makes the most of the nobleman's campy malevolence.

The show's massive sets and colorful costumes (both courtesy of Tim Hatley) are so visually eye-catching that they often distract from what's going on with the story. Composer Jeanine Tesori has written attractive, eclectic, pop-flavored melodies that range from a jaunty "Travel Song" to a gutsy duet called "I Got You Beat" for Shrek and Fiona that revels in rude noises. We wonder what that song will sound like on the original cast recording.

MICHAEL KUCHWARA (AP)



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**LUCKILY, LOCKLEAR DOESN'T AGE:** Mark Schwahn is in negotiations to pen the script for the CW's new "Melrose Place" incarnation. The "One Tree Hill" creator emerged as a top candidate to write after the network announced plans for a new take on "Beverly Hills, 90210's" spin-off.

# Television

## ON TV TONIGHT

### SING NOEL

**THE SPIRIT OF CHRISTMAS** (8 p.m., MyNetwork) offers soulful caroling from Natalie Cole, Brian McKnight, Bo Bice and Al Jarreau.

### MOVIE FULL OF SUGAR

The 1964 musical **MARY POPPINS** (8 p.m., Family) has nothing to do with Christmas. But it is supercalifragilisticexpialidocious!

### SEVER THOSE TIES!

Jane has a personal connection to a murder suspect on **THE MENTALIST** (9 p.m., CBS).

### SUCH AS FEAR AND PANICKING?

A construction-site explosion triggers odd behavior on **FRINGE** (9 p.m., Fox).

### EQUAL PLAYING FIELD

**BREAKING THE HUDDLE** (10 p.m., HBO) looks at the changes in college football during the civil rights era.

### CRUISIN' FOR A CONVERSATION

"Valkyrie" star Tom Cruise and musical guest Fall Out Boy appear on



Jim Carrey appears on "The Tonight Show" to discuss his film "Yes Man."

**LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

### ACTOR OF THE RUBBER FACE

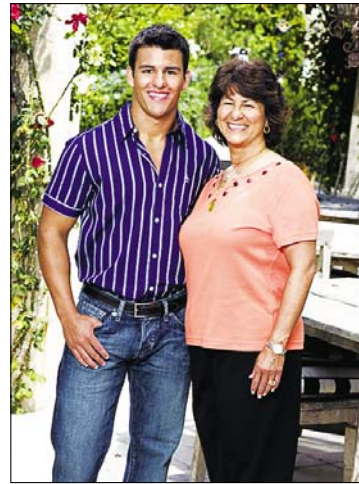
Jay Leno hosts "Yes Man" star Jim Carrey, actress Rosario Dawson and musical guest Relient K on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# He Gets It All From Momma

On NBC, men need to get approval from their mothers to date

**HELICOPTER PARENTING** | Take three bachelors and their meddling, smothering mothers and add 32 single women with low self-esteem and you have the ingredients for "Momma's Boys" (10 p.m., NBC), a new relationship/reality series produced by Ryan Seacrest. The guys are out to find a love connection, but only one that Mom will approve of.

"Boys" quickly crosses the fine line separating cringe-worthy and downright creepy, and the uncomfortable moments never let up. The mothers are the "stars" here. One — let's call her Inappropriate Touching Mom — continually hugs her shirt-



This mother assures us her son won't be dating non-Catholics or minorities.

less 20-something son during an introductory video. Another, Ethnic Stereotype Mom, reels off more Yiddish-isms than Mike Myers in a

"Linda Richman Coffee Talk" routine. The third, who shall forever be known as Bigot Mom, more than steals the show. She matter-of-factly states that there is no way her son will date any girls who happen to be black, Asian, Jewish or non-Catholic. "No mixing" is her edict.

Bigot Mom's video sends the gaggle of barely covered worthies into a paroxysm of head-rolling and finger-waving outrage. I'm no expert on these things, but this group appears to have a higher bimbo quotient than your average "Bachelor."

While this is called "Momma's Boys," there are lessons for the parents of females, too. For starters, naming your daughter "Misty" is probably not a career enhancer. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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# Meet the Talent, Again

If you weren't a fan of Elliott Murphy's before, now's your chance

FOR MORE of our conversation with Elliott Murphy, visit [Expressnightout.com](http://Expressnightout.com)

**MUSIC** | It seems a little strange to send out a clarion call trumpeting the fact that 1970s singer-songwriter Elliott Murphy is back when most people might not have known him in the first place.

The New York-bred musician emerged in 1973 with the album "Aquashow," which showcased his talents as a wordsmith and was compared to Bob Dylan's "Blonde on Blonde." Back then, writers who used lots of words got lots of comparisons to Dylan, and Murphy was no different. "[I]t's been a blessing and a curse," Murphy said of the "New Dylan" tag. "A lot of people ask me if it's hurt my career, and



**LOST AND LONELY:** Elliott Murphy returns with "Notes From the Underground."

I always say, 'You know, Bruce Springsteen got that same thing, and I don't think it hurt his career.' But it was a reference, and I think

almost all new bands and artists are given references — it's just that Bob Dylan is such an icon." None of Murphy's singles was a

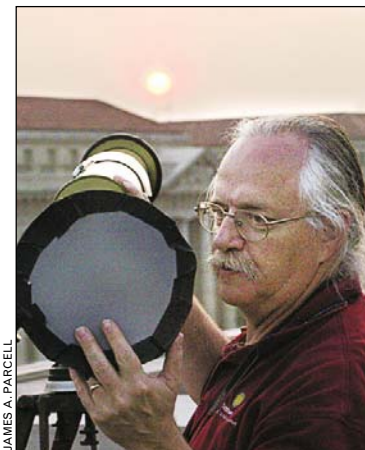
hit, and he is perhaps best known now as the author of the thoughtful liner notes to the 1974 album "1969: The Velvet Underground Live." But throughout the 1970s and 1980s, Murphy played to small audiences that appreciated his literary references and wry sense of humor — and then he disappeared.

Murphy didn't fade away totally, however. He's been living in Paris, playing more than 100 shows a year in Europe. He's returning to the United States for his first tour in nearly a decade to support a new album, "Notes From the Underground," which draws on his being both a songwriter and an author.

"I say that literature is my religion and rock 'n' roll is my addiction," Murphy said. "And I need them both." **TONY SCLAFANI**

→ *Velvet Lounge, 915 U St. NW; with Jann Klose, Tue., 9 p.m., \$15; 202-462-3213. (U St.-Cardozo)*

## thescene



Space historian David DeVorkin talks, um, space exploration on Wednesday.

### WEDNESDAY

**David DeVorkin:** Get schooled on the past, present and future of the U.S. space program. National Air and Space Museum, Fourth Street and Independence Avenue SW; 12 p.m., free; 202-633-1000. (Smithsonian)

**Lucky Day:** Straightforward rock. Jammin' Java, 227 Maple Avenue E., Vienna; 7:30 p.m., \$10; 703-255-1566.

**Seasons of Light:** An interactive, multicultural celebration of winter holidays. S. Dillon Ripley Center, 1100 Jefferson Drive SW; through Dec. 23, various times, \$5-\$10; 202-633-8700. (Smithsonian)

### THURSDAY

**The Sweet Heaven Kings:** A gospel celebration of grand proportions. Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)

**Army of Me:** An acoustic show from local favorites. Iota, 2832 Wilson Blvd., Arlington; 9 p.m., \$10; 703-522-8340. (Clarendon)

**Power Hours:** A happy hour for power players. Corcoran Gallery of Art, 500 17th St. NW; 5:30 p.m., \$25; 202-639-1700. (Farragut North)

### FRIDAY

**Junior League Band:** Breezy bluegrass. 9:30 Club, 815 V St. NW; 6 p.m., \$12; 202-265-0930. (U St.-Cardozo)

**Tittsworth and Nadastrom:** One of the hottest area DJs and friends celebrate the holidays. 9:30 Club, 815 V St. NW; 11 p.m., \$15; 202-265-0930. (U St.-Cardozo)

**Explore** our searchable list of the area's events, venues, restaurants and movies at [Expressnightout.com/thescene](http://Expressnightout.com/thescene).

## topstops



### It's All on The Surface

Has the internet made the entertainment world truly democratic at last? Colbie

Caillat is a MySpace.com celebrity — her music was popular there for months before she ever had a record deal. Her hit song is called "Bubbly," if

that gives you a clue about her vibe. But that's what the kids like these days.

It's not long on subtlety. It's not big on depth. But Caillat has a pretty voice and relatable lyrics — all the ingredients for a perfectly mellow evening. On a side note, you know what's comforting when the economy tanks and everyone's freaked out all the time? Well, yes, Barack Obama. But we were thinking "escapism." That's what this is. Nothing wrong with that. F.Z.

→ 9:30 Club, 815 V St. NW; 7 p.m., sold out; 202-265-0930. (U St.-Cardozo)

## Flamenco Is Served

A good date: a fantastic dinner followed by dancing. An even better date: a fantastic dinner with simultaneous dancing. Don't worry: We're not suggesting scarfing down burgers while trying to get your swerve on at the Guards. Talk about indigestion!

Instead, opt for an intimate meal at Las Tapas in Alexandria. While dining on small plates of spanakopita and fried calamari, you and your eye candy can watch professional dancers stomp it out flamenco style on a wooden stage in the dining room's center. K.C.

→ Las Tapas, 710 King St., Alexandria; 7:45 and 9 p.m. Tue. and Thu., 8 p.m. Wed., free, 703-836-4000.



## Here There Be Dragons

Four hundred year ago, the city of Quebec was founded by Samuel de Champlain. He was a great explorer and a great cartographer. Also, it's possible that he found some delicious mushrooms growing by the side of a forest path somewhere to the north of us, because he drew some dragons he had found, which he claimed were docile and about the size of sheep. You can see the drawings (and many other cartographical artifacts) on display at the Canadian Embassy. Sadly, they don't have any actual dragons in the exhibit. F.Z.

→ Canadian Embassy, 501 Pennsylvania Ave. NW; through Jan. 2, free; 202-682-7732.

(Archives-Navy Memorial)



**Compiled by** Express' Kris Coronado and Fiona Zublin. Read more of their picks every day at [Expressnightout.com/topstops](http://Expressnightout.com/topstops).





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- Clothes Care Center in Each Building
- Walk to restaurants, shopping and  
Huntington Metro
- All Credit Considered!

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**6300 SOUTH KINGS HIGHWAY**  
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ALEXANDRIA  
Incredible 2 BRs avail for  
immed occupancy!

Call today...  
We've got a SURPRISE for you!!\$

\$0 App Fee/All Utilities Included!

Metro/Bus Stop/395/495  
Fitness Center/Club Room  
Controlled Access/Cats Allowed

**Landmark Ridge**  
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Landmarkridge.com

**SOUTHERN**  
MANAGEMENT CORPORATION

ALEXANDRIA HUNTINGTON RTE 1 high rise 1BR  
apt, many amenities, \$1100+elec 703-360-1998.

**ALLEN TOWN APARTMENTS**  
888-361-1530  
Immediate Move-In  
2 BR Apts. \$975  
3 BR Apts. \$1275  
w/ Master Bath & Walk-In Closet  
All Newly Renovated Apartment Homes  
NO APP. FEE MUST MOVE IN BY 12/30/08

Annapolis—25 Jefferson Pl, \$1995, 3b, 1.5b, Pets  
OK, 410-570-5929

ARLINGTON—Lg 2BR, 2BA, \$2495. on top of Ball-  
ston Metro. 1 prkg space, call Mike 703-966-1253  
Dittmar Realty Group

Arlington, VA **Now Accepting Applications**  
For 2009 Move Ins!

1brs from \$1037  
2brs from \$1239  
3brs from \$1420

**Brand New building w/ easy access**  
to Shirlington Village & I-395  
Handicapped Accessible Apts.  
Housing Grants & Section 8  
Housing Choice Vouchers accepted

**Max Annual Income Limits**  
At 50%: 1BR \$39,350 2BR \$49,200  
At 60%: 1BR \$39,350 2BR \$59,040

**The Shelton**  
**703-684-0866**

Mon-Friday 1pm-5pm/Saturday 9am-3pm

ARL/Rosslyn Metro—Cor 2BR, 2BA, 1400 sf 1 gar  
space, all amenities, view of all monuments, \$2750  
Mike 703-966-1253 Dittmar Realty Group

Bladensburg - SFH, Totally remod. 4BR/2BA, full  
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## Classifieds

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## STOP THE SLEIGH! FREE RENT 'TIL MARCH 2009!\*

1BRs from \$915. 2BRs from \$1155

- Spacious floorplans
- Controlled access
- Walk in Closets

### The Phoenix 866-807 0429

5802 Annapolis Rd, Bladensburg, Md.  
www.phoenixaptsmd.com

\*ON SELECT APTS

**BRANDYWINE/CROOME**—Rent w/opt to buy \$2500. 5BR 3.5BA, 8.65 ac. w/in-grnd pool & barn. E-Z acc Andrews AFB/DC Lic. agt/own 301-922-0912

**Bryans Road**—4br, 2.5ba SFH, backs to woods, on a cul-de-sac, eat-in kitc. & deck. \$2150/m OR \$365K. O/A soldbysharon@comcast.net 240-832-1326

## An Early Christmas Gift! 2 Months Free Rent 1 & 2 BRs starting at \$865!

- Newly renovated kitchens
- Individually controlled A/C & heat
- New insulated windows
- Community center
- Playgrounds
- Near Metrorail, Metrobus and major highways

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• EHO

\*must move in by Dec. 15

**Chantilly**—5 br, 3.5 ba, W/O Bsmt, 2 Car gar, LR/DR/Lib, MBR w/Sitting RM, Gas Fplc, \$2,975+ Util, avail Jan 1. Sareen Realty, Call 703-362-3099

**DALE CITY**—4BR, 2full/2half BA, 3 levels, 1 additional room, designated parking. \$1525+deposit. 703.343.0733.

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## Maple Ridge 888-583-3045

2252 Brightseat Road • Landover, MD 20785

### OXON HILL

## Colonial Village 888-583-3047

908 Marcy Ave. • Oxon Hill, MD 20745

### LANDOVER HILLS

## Calvert Hall Apartments 877-203-6036

3817 64th Ave. • Landover Hills, MD 20784

### HYATTSVILLE

## Fletchers Field Apartments 866-805-0782

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## Fleetwood Village Apts 866-315-8849

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**DIST HGTS**— 3BR, 1.5BA, TH, full bsmt., deck, \$1700/mo. + utils. Sec 8 ok. 202 581-1029

**Dupont/Westend**—\$2600, 1 br, 1 ba, 2145 N St. NW, Row House Condo, Fully Furn, Utils. Inc. 202-293-0203

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2 BRs from \$1050  
Plus One Month FREE!  
\$99 Deposit\*

- Large floor plans
- Lots of closets
- Minutes to Suitland and Branch Ave. Metro locations
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- Convenient Penn. Ave. location

## Penn Mar 888-291-5635

\*for qualified applicants

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5% DISCOUNT FOR  
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- Spacious Renovated homes
- Washer/Dryer in each unit
- Walk to Wall Carpet
- Dishwasher
- Central A/C & Heating
- Fitness Center, Pool & Party room
- PETS WELCOME!

CALL TODAY!  
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Hours: M-F 9-5PM Sat 10-3PM Sun 12-4PM

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**Fort Totten**—\$1700, Beautiful 2 br, 2 ba townhouse, Nr Pub Transp, Hw Flrs, WD, parking, 202-413-1052

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

Call now  
for our  
FANTASTIC  
SPECIALS

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL  
ABOUT  
FANTASTIC  
SPECIALS

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Free app fee w/this ad

1st  
MONTH  
FREE

- FREE UTILITIES
- Spacious and modern apts
- Walk to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

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FOR OUR  
FANTASTIC  
SPECIALS!

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
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- Free 6 wk summer camp
- Convenient to shops, schools and I-495

CALL NOW  
FOR OUR  
FANTASTIC  
SPECIALS!

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**Rochelle Hall Apts**  
One Month Free Application fee waived  
Lovely and spacious 1 & 2brm apts and townhomes starting at \$830. Located on two major subway lines and front door bus stop. A must see with skylights, cathedral ceilings and private entrances. Available for immediate occupancy. Application fee waived First month free!! Take additional \$100 off of rent for a 12month lease by 12/31 Contact (301) 967-0082.

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UP TO 2 Months Free\*  
2 BRS from \$1350

- Ride on Bus at community entrance
- Fitness center and clubhouse
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- MORE!

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Affordable Luxury Apartments  
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Walking Distance From S.S. Metro  
Income restriction

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## The Hanover Come "Warm" up in a "Cool" place to live.... ALL UTILITIES INCLUDED

\*Great Holiday Deals! **You could win..**  
**Up to Two Months Rent Free\*!**  
**32" Flat Screen TV and more...!**

- Washer/Dryer! Balcony or Patio!
- Fitness Center & Olympic Size Pool
- Pet Friendly! Close to Metro & Shopping!
- Minutes from 495 and 295!

Visit your new home today!  
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Call (866) 580-0965  
\*Restrictions may apply.

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1, 2, & 3 BR Apts Huge 2 BR Townhomes

## Parkview Gardens

888-251-1872  
6400 Riverdale Road • Riverdale, MD 20737  
**GATED COMMUNITY**  
*Beautiful Kitchens - Granite Countertops*

- Fitness Center on Property
- Beautiful Kitchens- Granite Countertops\*\*
- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

\*Call for details  
\*\*Select Units

**Riverdale  
Village**  
800-767-2189  
5409 Riverdale Road • Riverdale, MD 20781

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling \*select units
- 1, 2, & 3 BR AVAILABLE.
- HUGE 2 BR TOWNHOMES

Call now  
for our  
FANTASTIC  
SPECIALS

### LANDOVER

**Kings Square  
Apartments**  
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3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

**OPEN HOUSE**  
SAT. DEC. 20TH (10-4)  
SUN. DEC. 21ST (12-4)  
- Move in w/Deposit Only  
- \$300 Off Jan. Rent (2BR)  
- FREE Gift & Refreshment  
- FREE Application Fee  
- Partial Deposit Payment Plan

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
CALL FOR FANTASTIC SPECIALS!



**Greenbelt**—4BR, 3.5BA TH, fin bsmt. \$1800  
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## EMPIRIAN VILLAGE

Within Walking Distance to Metro

1 MONTH FREE!  
ALL CREDIT CONSIDERED

Spacious 1,2,3,4 BR Apt. Homes

Rents Start @\$869  
\$99 Security Deposit  
Forclosure Applicants Welcome  
5 Minute Pre-Approval  
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CONVENIENT TO METRO!  
1 & 2 Bedroom Apartments

Lovely Setting  
Nr. the New ARTS DISTRICT  
Close to Shopping

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Walk to Metro, parks &  
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Bus F-6 & 13 at your door.

Rosa Parks Elementary  
School across the street.

1 & 2 bedrooms from \$845.  
Se habla español!  
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**Halethorpe**—\$1400. Large 3 BR TH w/ deck. Near MARC trn, 40 min to DC. 410-710-7013

**Herndon**—New 3BR 2.5ba TH,bsmt, dck,fpl,garag, accMtrobus,Shops,toll Rd, WrlldGate \$1850,703-932-6757

HYATTSVILLE

1 Month Free\*  
Minutes to DC!  
1 & 2 BRs starting at \$899

- Kitchens with modern appliances
- Separate dining room
- Private balcony or patio
- Small pets welcome
- Minutes to B/W Parkway, Metro and downtown DC
- Fitness Center & Business Center Coming Soon!

866-906-6392  
3421 55th Avenue  
Hyattsville, MD 20784

\*on select apartments; ask for details

### Hyattsville

\$0 Application Fee  
Newly Remodeled  
1 & 2 Bedroom Apartments

- Gated Community Next to Shuttle UM Stop
- Dogs and Cats are Welcome
- Graduate Student Utilities Package
- Hardwood Floors
- 24-Hour Emergency Maintenance
- 30-Day Satisfaction Guarantee
- Short-Term Leases With No Fees

**Campus Gardens**  
(301) 434-4984

2200 Phelps Road, Hyattsville, MD 20783  
campusgardens.com

### Hyattsville

\$0 Application Fee  
Newly Remodeled  
1 & 2 Bedroom Apartments

- Gated Community Next to Shuttle UM Stop
- Dogs and Cats are Welcome
- Graduate Student Utilities Package
- Hardwood Floors
- 24-Hour Emergency Maintenance
- 30-Day Satisfaction Guarantee
- Short-Term Leases Available

**Campus Gardens**  
(301) 434-4984

2200 Phelps Road, Hyattsville, MD 20783  
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### HYATTSVILLE

**SPECIAL**  
1 BRs Apartments  
starting  
from \$605 and up!  
  
We also have 2 & 3 BRs!  
  
Close to Public Transportation  
and Shopping Centers.  
  
**CALL NOW**  
301-277-6610

INAUGURAL RENTAL/Ft. Lincoln-spac 3BR 2.5BA w/2 fpl Jacuzzi tub, w/d min from R50, I295, I495 Trella Gibbs, Remax One at 301-523-8517

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\$99 SECURITY DEPOSIT\*  
1,2,3 BRs from \$995

- Renovated apartments
- Washer/Dryer in each apartment
- Walk-to-wall carpet
- Convenient to highways & shops
- Brand New Fitness Center
- Monitored alarm systems

**CHESAPEAKE  
LANDING**

(888) 219-3519  
7509 Buchanan Street

\*ask for details



## RENTALS

LANHAM/SEABROOK

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## Extra Holiday Cash! 2 MONTHS FREE!\* Starting at \$995

- Washer/Dryer in Every Apartment
- Kitchen Pantry & Dishwasher
- Large Floorplans
- Spacious Closets
- Convenient to Metro, I-495 & Bltway
- Large Pets Welcome

**The Glendale**  
(888) 878-8371

www.theglendaleapts.com

\*On select apts, call for details

**LAUREL**—3BR gar TH in golf course comm. . \$1700.  
Avail immed. Showings on Dec 14, 20 & 21  
Between 2 - 4pm **240-271-4265 or 301-604-5549**

Manassas

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1, 2 & 3 Bedroom Apartments  
Recently Renovated:

Pets are accepted

Near to VRE and the OMNI Link Bus  
Close to Shopping Mall

**\$1000 OFF YOUR RENT!**  
No application fee with credit approval.

- Large apartments • Spacious closets • High Speed Internet • near to recreational facility • near to Shopping Center, Rt. 28, Rt. 234, I-66 & I-95 • 2 blocks from the Virginia train.

Hours: Monday-Friday: 8:30 am to 5 pm  
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**NE** — 1 BR apts & 1BR apts w/ encl bk porch. \$778 & up+ utils. N/P. Call 202.265.4814 or 202.889.4083  
**Fred A. Smith Company**

NE

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## JETU APARTMENTS

869 21st St

1 BR \$745

### FREE UTILITIES!!

- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

**877-814-0692**

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## Newly Renovated Apartments Look Here!!! Month and 1/2 Free Rent

1 bedroom from \$745  
2 bedrooms from \$875  
3 bedrooms from \$1,050

- Wall to Wall Carpet
- Parking included
- Close to the new Washington Harbor & Shopping Centers
- Convenient to Key Bridge, Easy Access to 495
- Bus Stop at the Entrance of the Community
- We are a pet friendly community!

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Hours: Mon-Fri 9-6PM; Sat 10-5PM; Sun 12-PM  
\* On Selected Units/restrictions applies

**NE/927 52nd ST-1BR w/w newly renov. Lndry rm. Nr Met. strng at \$725. Delwin Realty 301-608-3703**

**NE- from \$700 - CARVER TERR. EAST - 1&2 br all UTILS INCL! 21st & Md Ave btwn Hechinger Mall & Nat'l Arboretum - X8 bus stop. 202-737-1690**

**NW 4625 13th St-lrg 1BR co-op, n carpet, CAC, Lndry rm. Nr Met. \$875. Delwin Realty 301-608-3703 x 105**

NORTHEAST

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COME CHECK US OUT!

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One Block from Metro  
FREE off-street parking  
Landscaped courtyards  
1 & 2 BR apts/3BR townhomes  
5% DISCOUNT TO ALL  
METRO & DC GOV'T EMPLOYEES

CALL TOLL FREE 877-269-4216

4212 East Capital St N.E.  
Housing Choice Vouchers Welcome where rents are within voucher limits

NW

## The Whitelaw

1839 13th St., NW  
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1 BR: \$895

- Beautiful Historic Building Located Near the U St. Corridor
- Maximum income Qualifications
- Call Today to Set Up and Appt

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**PARKLAND VILLAGE**  
6004 Parkland Court  
Forestville MD 20746  
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Immediate Move In For 2 BDRM W/D in Each Apt, Wlkg Distance To Shopping Metro access at your door, no application fee, same day pre-approval. Must move in by 12/30/08.

**RENT to Own Homes all credit types accepted  
Free Seminar to MD/DC/VA Residents  
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**Reston**—\$2300, 4 br, 3 ba, 1 1/2ba, 3 Fls, Saffold Way, Reston, VA, HSI, porch-patio, deck, Nr Pub Transp, large dogs allowed, pool, parking, 703-307-5446

**Reston**—\$2300, 4 br, 3 ba, 1 1/2ba, 3 Fls, Saffold Way, Reston, VA, HSI, porch-patio, deck, Nr Pub Transp, large dogs allowed, pool, parking, 703-307-5446

**RIVERDALE**- Studio, 1 & 2 BR from \$750. Patio/Balc, D/W Lndry Rm, walk-in clst, pkng, plygrd, nr Metro.  
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Rockville

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**Rocklin Park**  
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Rockville, MD 20852  
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2 BRs from \$995

- Great Location
- Remodeled kitchens
- Walk to wall carpet
- Walk to Metro
- On Metro Bus route
- Convenient to shopping and dining

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**ROCKVILLE/GAITHS**—Lrg 1&2BR. 1mo free, Lots of discounts. All utls/cbl incl. Unfurn/Furn/Corp. Balc. Nr Metro, park w/ gym/pool, grocery. 301-948-0087.

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**SE - 3325 MLK Ave. - 1BR + den, hwd flrs, \$625/mo + utils. Secure bldg. Nr Metro. Delwin, 202-561-4675**

**SE- 3437 24th St. 2BR 1BA, W/D, CAC, off Street parking. New kitchen & bath. Unfinished bsmt. Nr Southern Ave Metro. Sec. 8 ok. 202-270-7159**

SE

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Spacious 1, 2 & 3 BR remod. apts. Near Capital Heights Metro Station & area schools. Income Restrictions apply. Starting at \$765 + utilities. For more info call 202-581-3687. Ask for Tanya.

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## FRIENDSHIP COURT

- Individually Controlled Central Heat & AC
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- Great location in a park-like setting
- Gas, hot water & heat included.
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SE

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1BR from \$675

- Refinished hardwood floors
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- Individually controlled heat and A/C
- Resident Controlled Access

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- Upgraded Units w/ Stainless Steel Appliances
- Next to the New IHOP & Super GIANT
- FREE Heat & FREE Metro Shuttle
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## Meadowbrook Run

Enter A Drawing To Win  
One Month's Free Rent\*

**1BR from \$685  
2BR Special**

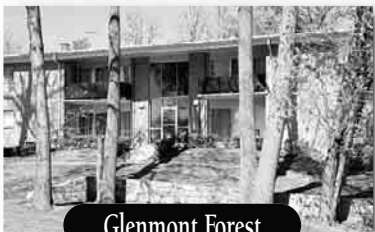
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- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

3647 6th St., SE  
**877-819-3121**  
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www.wcsmith.com  
\*Call for Details

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Silver Spring, MD

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Eff's from low \$900's  
1 br's from upper \$1,000's  
2 br's from upper \$1,100's  
3 br's from upper \$1,400's

- 2 Blocks to Metro
- Parkland Setting
- Picnic & Play Areas
- Plush Wall-to-Wall Carpeting
- Close to Shopping
- Community Swim Club

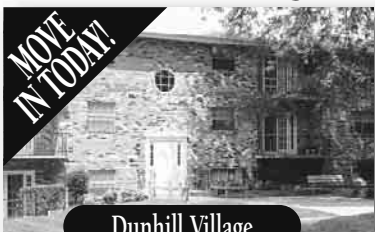
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Forestville, MD

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1 br's \$980  
1 br's + den from low \$1,100's  
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- Minutes from Suitland Metro
- Grand sized apartment homes
- Separate dining area
- French doors open to covered balcony or terrace
- Near Walker Mill Regional Park - trails, tennis
- Community pool, play area and tot lot

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\*Move in by 12/26/08.

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**NOW LEASING** newly renovated apartment homes

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- NEW FITNESS CENTER & RESORT-INSPIRED POOL
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- PET-FRIENDLY ENVIRONMENT
- EASY ACCESS TO I-66, I-495 & METRO
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- ALL UTILITIES INCLUDED

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- NO application fee with approved credit
- Be in your new Home by the Holidays
- Instant Pre-Approval

- ★ Close to Shopping
- ★ Close to Transportation
- ★ Free After School Program (ages 5 thru 12)
- ★ Upgraded Apts Available
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- ★ Central air/heat
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- ★ Mins from National Harbor

Mon-Fri:  
9am-6pm  
Sat.: 10-5pm  
Sun.: By Appt only



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www.theparkforest.com



SOUTHWEST, DC

## EXCELLENT & EXCEPTIONAL



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**1.888.207.7025**

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**Edgewood**

## Capitol Park Plaza

All Utilities Included

**STUDIOS \$900**

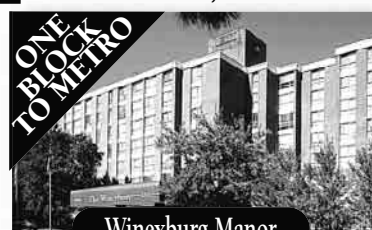
- ★ Balconies with Great Views
- ★ Gated Community
- ★ Large Walk-in Closets
- ★ Fitness Center
- ★ Individually Controlled A/C
- ★ Covered Garage Parking
- ★ All New Kitchen Cabinets
- ★ Walk to Downtown, Waterfront, Metro, Shopping, Restaurants
- ★ Small Pets Welcome
- ★ Walk to Nationals Stadium

Limited Availability, Restrictions Apply \*On Selected Units



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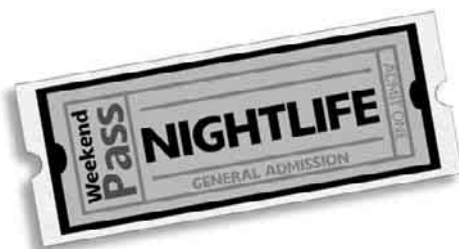
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## Business

### The winery industry is booming below the Mason-Dixon Line

In the same mountains where generations of Georgians distilled corn into moonshine, the Hardman family is fermenting a libation of another flavor.

Along the banks of a babbling creek are acres of twisting grape vines that will yield bottles of riesling, cabernet franc, seyval blanc and merlot.

The Hardmans' winery, Persimmon Creek Vineyards in Clayton, Ga., is part of a rapidly expanding winery industry across the South, where lands once given over to tobacco now produce a more tourist-friendly crop.

**“I’ve had some good Southern wine and some interesting Southern wine.”**

LETTIE TEAGUE,  
FOOD & WINE MAGAZINE

“It’s not something you can only grow in France and California,” says Mary Ann Hardman, who runs the winery from her home on 100 acres of picturesque farmland. “I believe wine is the taste of a place.”

And in the American South, the taste ranges from sweet, wet whites from the local scuppernong grapes (a muscadine variant) to Euro-style like chardonnays and merlots.

The Hardmans began producing wine six years ago on the cusp of an explosion in the region’s viticulture industry, which has begun drawing tourists from across the globe to the rural South.

Today there are 433 wineries across the region, a nearly 50 percent increase from just three years ago, according to the National Association of American Wineries. That’s almost four times as many wineries as 15 years ago.

The growth mirrors a national trend, with every state now boasting at least one winery — even Alaska.

Southern vintners are particularly proud that their region finally has developed a foothold in the U.S. wine industry after years of connoisseurs looking down their noses at vintages from below the Mason-Dixon Line.

Not that the stigma has completely vanished. But experts say the South is making a place for itself in the wine world.

“I have had some good Southern wine and some interesting Southern wine,” says Lettie Teague, executive wine editor for Food & Wine magazine. “There is reason to look forward to the Southern wines of the future.”

Southern wines tend to go the way of the region’s tea — incredibly



Wines produced in the South tend to taste especially sweet, experts say.

INSIDE

Madge settles divorce case with Guy | 34



**Blog Log:** Should there be an ‘obesity tax’? | 32

**Discussions:** ‘30 Rock’s Alec Baldwin’ | 32

PHOTOS BY JOHN BAZEMORE/AP



**GROWING INDUSTRY:** A man picks grapes at Persimmon Creek Vineyards in Clayton, Ga. Wineries are spreading in the South.

# Sips of the South

sweet — especially from scuppernong grapes.

“There is an exceptionally good sparkling scuppernong being made in southeast Georgia. There’s a good chardonnay being made in North Carolina, as well,” said John T. Edge, contributing editor at Gourmet magazine and head of the Southern Foodways Alliance at Ole Miss. “The diversity of topography and the diversity of grapes lends itself to the South emerging as a contender on the international stage.”

Regional wine sales are tough to track because most Southern wineries are small and mostly sell

directly to customers.

Tourism has played a key role in the boom. Tasting rooms welcoming visitors are common. Some wineries even have built rental cottages for travelers.

The South was a leader in the U.S. wine industry during the early part of the 20th century, but Prohibition devastated the nation’s industry. While other parts of the country bounced back, recovery has been slower in the South.

For decades after prohibition, farmers in the heart of the Bible Belt shied away from wine grapes. But modern vintners have discov-

ered the cool weather in southern mountain towns is ideal for many varieties. They’ve also needed to find new uses for land once dominated by tobacco.

“People are looking for alternative things to do with farmland,” says Kim Myers, president of the North Carolina Winegrowers Association and owner of Laurel Gray Vineyards in Hamptonville, N.C. California remains the country’s largest wine producer, with 2,600 wineries. North Carolina has just 91 wineries, but that’s up from just 54 three years ago. Virginia went from 122 to 169 in that time.

But for states that are infants in the business — such as Georgia, which has tripled its vineyard acreage to 1,100 during the last five years — wine making is as much about proving prowess in the vineyard as it is about opening a business.

Rob Beecham opened Georgia’s newest winery, Montaluce Winery & Estates, on 400 acres in Dahlonega two years ago.

“Wine has so much personality and character,” he says. “It was really a romantic idea to be in the industry, to me, and be a part of something creative and challenging.” DORIE TURNER (AP)



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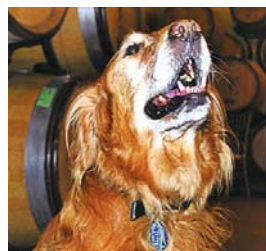
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## CD REVIEW

### Epic Fall

Roxana Hadadi wants to be frank: "iSouljaBoyTellem" is not music. Yes, you could argue that the new album by "Crank That" rapper Soulja Boy has all the qualities of music, like beats and lyrics, but beyond those coincidences, "iSouljaBoyTellem" is an artless collection of horribleness. | ONLINE NOW



## LIFE & STUFF

### Dogs & Drinks

Wineries conjure images of happy couples in cable-knit sweaters, sipping God's nectar as fall leaves settle into heart-shaped outlines. All that is true at several area wineries, but as Erin Trompeter discovered, many of these joints also welcome a different kind of visitor: man's best friend. | COMING UP

## CD REVIEW

### Going Down, Down

Fall Out Boy's new CD, "Folie a Deux," features the group's specific brand of emo-pop-punk — and due to a lack of any innovation, it's also largely forgettable, writes Roxana Hadadi. Unlike last year's "Infinity on High," "Folie a Deux" is mostly an experiment in mediocrity. | ONLINE NOW



## poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

### DO YOU EXPECT TO RECEIVE A YEAR-END BONUS FROM YOUR EMPLOYER THIS YEAR?

**NO** 70%

**YES** 30%



**"What is a year-end** bonus? Non-CEOs actually get these? Please tell me where to work to get a year-end bonus, since I have never received one in my more-than 20 years of working."

**COMMENTER COMMON KEVIN**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU EXPECT TO RECEIVE A YEAR-END BONUS FROM YOUR EMPLOYER THIS YEAR?"

### Getting a bonus

is a mixed blessing. It's nice to get, but it also gives the employer an excuse for lower salaries and raises."

**COMMENTER AMUSED**, WHO ADDED, "A BONUS GIVES YOU MONEY, BUT IT WON'T BE FIGURED IN THE AMOUNT ON WHICH A RAISE IS CALCULATED."

### Yes, I expected

[my] bonus. It was predicated on achieving results above my peers, based on goals written into my annual performance plan."

**COMMENTER JOHN**, WHO ADDED, "BONUSES, OR THE LACK OF ONE, SHOULDN'T BE A SURPRISE TO THE EMPLOYEE."

SEE HOW YOUR METRO STATION VOTED AT [EXPRESSNIGHTOUT.COM/POLLCENTER](http://EXPRESSNIGHTOUT.COM/POLLCENTER)

# Blog LOG

"The health care costs nestled within consumer choices based on easy access to overprocessed food are huge and need to be addressed."

**AGAINSTROUTINE.COM** BELIEVES THAT N.Y. GOV. DAVID PATERSON'S PROPOSAL TO ADD A 15 PERCENT "OBESITY TAX" TO NON-DIET DRINKS IS A STEP IN THE RIGHT DIRECTION.



**"Shock and Awe' meet 'Sock and Awe.' I'm only disappointed that we didn't think to hurl objects at the president first."**

A COMMENTER AT **AMERICABLOG.COM** HAS A GOOD ZINGER FOR PRESIDENT BUSH, ADDING, "[IT] WOULD HAVE BEEN BETTER IF BUSH ... [HAD] STAGGERED BACKWARD INTO A WEDDING CAKE."



**"I AM THE MOST** liberally-iest liberal ... [but] Bush is a funny guy, and his 'size 10' quip gave me a chuckle. I didn't vote for him, and I don't think he was ever qualified to be president, but I think the way the media portray him as the devil incarnate is a bit over the top."

**PLIGHTOFTHEPUMPERNICKEL.BLOGSPOT.COM** TOOK BUSH'S SHOE-DODGING SKILLS AND SUBSEQUENT INTERVIEW IN GOOD FUN.

**"Chris Matthews** still seems to be contemplating a Senate run. I don't quite know what he's thinking — 11 years of 'Hardball,' with no filter between brain and mouth, will be an oppo researcher's dream come true."

**FIREDOGLAKE.COM** THINKS DAVID SHUSTER AS HOST OF MSNBC'S "1600 PENNSYLVANIA AVENUE" IS A GOOD CHOICE, BUT THAT MATTHEWS SHOULD STAY ON TV.

## Discussions

### Alec Baldwin

Actor **ALEC BALDWIN** was online Monday and discussed his life, "30 Rock," being a father and why he won't be going to the inauguration.



**What is the hardest thing about being a father?**

Letting your child go out into the world. Children want independence; this is the way it's always been. The average child wants independence before they are really ready for it. Their eyes are bigger than their experience. They want to get out into the world and see what's out there and where they fit in. It's tough; you know your child is going to go

out there and struggle and make mistakes. It's tough to watch your child grow, and wonderful at the same time.

**If confronted with the situation in which you were in a knock-down, drag-out bar brawl including Val Kilmer, Tom Selleck and Phil Collins, who wins and why?**

Although I could never envision myself in the same room with those three people, I have to give it to Phil Collins. From what I've seen, he's pretty fast with his hands.

**I met you at a party during the first Clinton-Gore inaugural, in '93. Any plans to attend Obama's ceremony?** No, I'm not attending the inaugural. I went to the Clinton one in '93, and I think the only thing worse than navigating Washington during the inaugural is the Super Bowl. So, I intend to stay home and

watch it on television, and I'm sure it will be just as enjoyable.

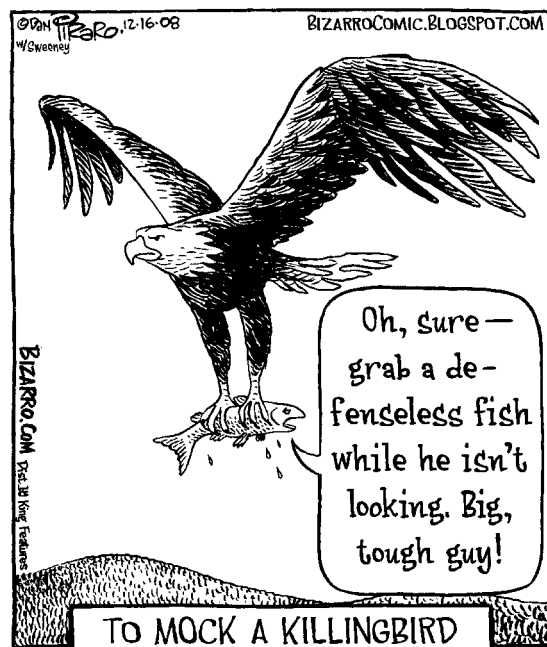
**When you're playing Jack, do you think deliberately about what he wants in a given scene (or use other techniques), or is Jack more of an attitude that you can switch on and off?**

In comedy, you tend to think in terms of what's funny. You think in terms of character and story second. Sometimes what's funny is at the expense of what's real or what's honest. With our show, we're lucky; they may write something and I'll say, "He wouldn't say that," or "He wouldn't do that."

**TODAY ON DISCUSSIONS:** Fashion and beauty editor Janet Bennett Kelly joins forces with Trend Spotters Holly E. Thomas and Michelle Thomas to answer questions on everything including the influence Michelle Obama will have on fashion at 11 a.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).



### Bizarro | Dan Piraro



### Cornered | Mike Baldwin

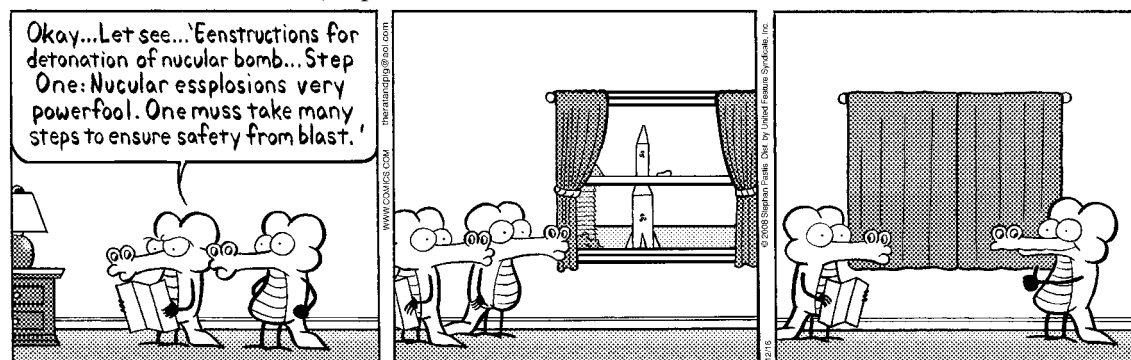


"I hear they're letting you go. Your family must have paid the ransom."

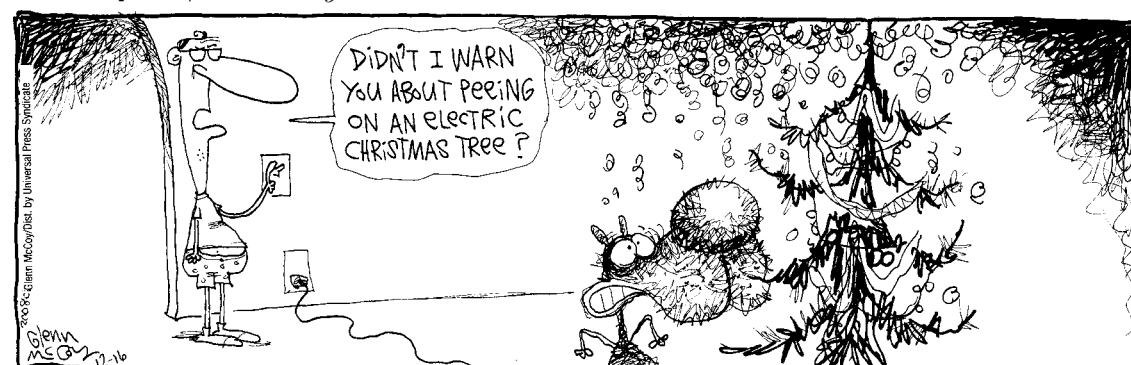
### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**SAGITTARIUS (Nov. 22-Dec. 21)** A change is in store, but you may not recognize the signs until something big is right around the corner. Things may get quite exciting.

**CAPRICORN (Dec. 22-Jan. 19)** Don't brood or hold a grudge. Let anger or resentment run its course — but don't let it linger.

**AQUARIUS (Jan. 20-Feb. 18)** A combination of the intellectual, emotional and physical will develop in an organic fashion to help you through a few trying moments.

**PISCES (Feb. 19-March 20)** Avoid any overly outrageous actions. Though you don't need to be too conservative, it's a good time to avoid shocking others.

**ARIES (March 21-April 19)** You may begin a course of action that will only lead you into danger if you do not adjust your expectations accordingly.

**TAURUS (April 20-May 20)** A schedul-

ing problem is likely to complicate your day, but you should be able to anticipate and avoid any serious difficulties.

**GEMINI (May 21-June 20)** If you find yourself dissatisfied for any reason, you know the time has come for you to make some very specific changes.

**CANCER (June 21-July 22)** Now is a good time to forgive, but don't forget. There are too many lessons still to learn to let the past fade from view.

**LEO (July 23-Aug. 22)** The practicality of certain endeavors may escape you, leading you to pursue things that cannot pay off so directly just yet.

**VIRGO (Aug. 23-Sept. 22)** The truth sometimes hurts, but it is necessary for growth — and don't shy away from it.

**LIBRA (Sept. 23-Oct. 22)** Take care that working with others doesn't prove more difficult than it has to be — especially when you're striving to meet a deadline.

**SCORPIO (Oct. 23-Nov. 21)** You will benefit from fresh air and a feeling of freedom and expansiveness. Personal power is on the rise at this time.

## Letters

### Scandal Coverage Not Biased

**IN RESPONSE TO** Phil Myers' Dec. 15 letter ("Partisan News Coverage"), perception plays a big part in these things, but so should reality. The Blagojevich scandal led newscasts nearly all last week. All angles of the

story were reported, from Illinois' corruption history to transcripts of Blagojevich's conversations, to speculation on his wife's role. I heard Jay Leno, Jon Stewart and "SNL" joke about his hair. Maybe if Myers had removed his partisan filter for a little while, some of this coverage may have reached him, too.

—CHUCK MABRY  
Bowie, Md.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## Today in History

**1773** The Boston Tea Party takes place as American colonists board a British ship and dump more than 300 chests of tea overboard to protest tea taxes.

**1960** A United Air Lines DC-8 and a TWA Super Constellation collide over N.Y.C., killing 134.

**1976** The government halts its swine flu vaccination program following reports of paralysis apparently linked to the vaccine.

**2000** President-elect George W. Bush taps Colin Powell



Powell was the first black secretary of state.

as the first black secretary of state.

**2003** President Bush signs into law legislation meant to stem the flood of "spam" and a bill to establish a national museum devoted to black history.

**PostPoints** DAILY CODE **Q S**



LOOK

out

People



Awww, Estragon is so befuddled!

CASTING

Existential Angst — Now With a Cuddly Twist!

**NATHAN LANE**, Bill Irwin, John Goodman and David Strathairn will all be “Waiting for Godot” this spring on Broadway. Lane will play Estragon; Irwin is set for the role of Vladimir. Strathairn is Lucky, and Goodman is Pozzo. (AP)

COURTROOMS

‘Sopranos’ Actor Testifies

**LILLO BRANCATO** of “The Sopranos” says he didn’t know an alleged accomplice was armed when he went looking for drugs. Brancato is charged with second-degree murder in the 2005 shooting of Officer Daniel Enchautegui. (AP)



DIVORCES

Packing on Pounds

**MADONNA** has settled her divorce with Guy Ritchie by parting with at least 50 million pounds (\$76 million), the singer’s spokeswoman said Monday. Liz Rosenberg said the settlement was in the range of 50 million to 60 million pounds (\$76 million to \$92 million), a figure she said included the value of the couple’s country home, Ashcombe House in western England, which Ritchie will keep. (AP)



**APOLOGIES**

Psychiatry, Word ‘Glib’ Are Still Horribly Offended

**TOM CRUISE** says he regrets the tongue-lashing he gave Matt Lauer on NBC’s “Today” show in 2005. “It’s not what I had intended,” Cruise told Lauer on “Today” Monday. “In looking at myself, I thought, ‘Man, that came across

“Glib” has never been quite the same since.

as arrogant.’ ... That’s one of those things you go, ‘OK, I could have absolutely handled that better.’” That now-infamous conversation grew heated when the star told Lauer that Lauer was glib and didn’t know about psychiatry. (AP)

TRANSLATION

‘I Could Never Memorize That Many Lines at Once’

**CAMERON DIAZ** says she’s a big fan of “Shrek the Musical” but has no desire to star in it. The actress, who voices Princess Fiona in the “Shrek” film franchise, raved about the musical adaptation at its Broadway open-



ing Sunday. When asked whether she’d consider portraying Fiona onstage, she said: “No. Absolutely not. What they do up there ... is, to me, impossible. It’s wonderful, though. (AP)

LESSER NAMESAKES

Airport Smokers’ Lounge Dedicated to AC/DC Guitarist

A new music therapy room at a hospital on Florida’s Gulf Coast is being named for AC/DC lead singer **BRIAN JOHNSON**. He and other rock stars have supported an effort to buy music equipment and provide music education for children, including those who are in the hospital. (AP)

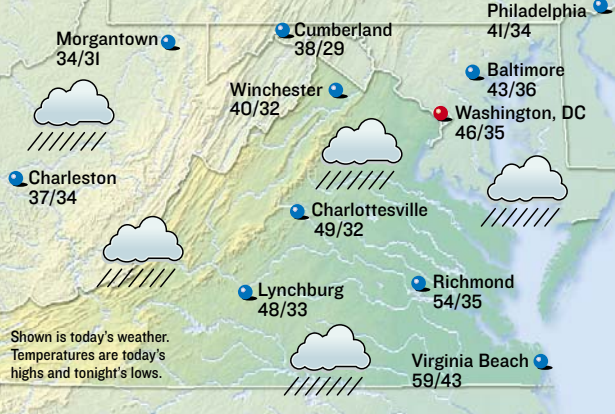


The bassist got a train waiting area.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy, rain	Cloudy, rain and drizzle	Mostly cloudy, showers	Mainly cloudy, rain possible	Mostly cloudy, rain possible	Mostly cloudy showers
46°	35°	46° / 41°	53° / 46°	57° / 35°	49° / 32°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

**Temperature**

High ..... 67°

Low ..... 42°

Normal high ..... 47°

Normal low ..... 32°

Average humidity ..... 67%

Precipitation

24 hours ending 4 p.m. .... Trace

Month to date ..... 1.84"

Normal month to date ..... 1.45"

Year to date ..... 45.36"

Last year to date ..... 30.78"

Normal year to date ..... 37.86"

For up-to-the-minute weather, see: [washingtontimes.com/weather](http://washingtontimes.com/weather)

Regional Forecast

**D.C. Metro:** Today, mostly cloudy, rain. High 46 then falling. Wind north-northeast 7-14 mph. Tonight, rain, drizzle. Low 35.

Sun and Moon

Sunrise today ..... 7:20 a.m.

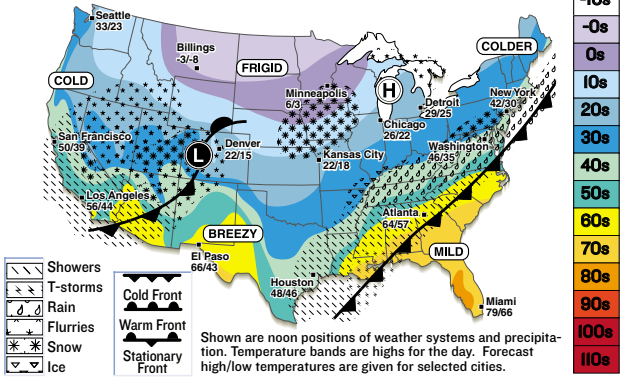
Sunset tonight ..... 4:48 p.m.

Moonrise today ..... 9:40 p.m.

Moonset today ..... 10:40 a.m.



National Weather for Tuesday, December 16



National Cities

City	Today	Wed.
Atlanta	64/57/c	70/56/sh
Boston	44/31/r	38/31/sn
Chicago	26/22/sn	29/25/c
Dallas	38/37/c	53/52/c
Denver	22/15/c	38/15/c
Honolulu	80/71/r	80/71/sh
Los Angeles	56/44/sh	54/42/r
Miami	79/66/pc	79/67/s
New York City	42/30/r	45/34/r
Orlando	80/58/pc	80/58/s
Seattle	33/23/s	34/26/sn

World Cities

City	Today	Wed.
Amsterdam	39/32/pc	43/36/r
Athens	67/58/pc	64/58/pc
Berlin	43/37/c	41/34/c
Buenos Aires	90/73/s	88/73/s
Calgary	9/-4/pc	5/-14/sf
Dublin	50/39/r	46/41/sh
Geneva	41/33/c	34/33/sn
Moscow	25/19/s	25/21/pc
Rome	54/46/t	52/43/r
Sydney	79/68/s	77/64/pc
Tokyo	55/49/s	54/46/sh

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



# LOOK out

## CROSSWORD

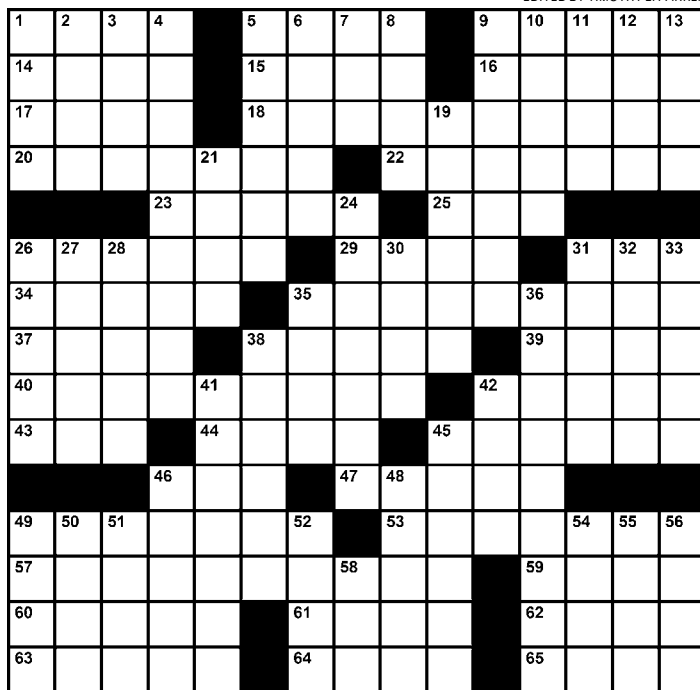
### ACROSS

- 1 Jerusalem haddock  
5 Boardwalk refreshments  
9 Get around on a trike  
14 Barreled along  
15 \_\_\_\_ Hari  
16 It could be stuffed  
17 Figure skater Kulik  
18 Handy place for a thieving guitarist?  
20 Conflict at the North Pole?  
22 Most inexplicable  
23 Admonishes  
25 Flanders of cartoons  
26 Andy Warhol's forte  
29 Adding machine key  
31 Start of the fourth qtr.  
34 Jaws resort  
35 Lovelorn doctor's diagnosis?  
37 Talladega event  
38 Sordid  
39 Disco Duck singer Rick  
40 Diminutive dessert?  
42 Stop, on the water  
43 Down at the mouth?  
44 Fabled underachiever  
45 Points of view  
46 Shop \_\_\_\_ you drop  
47 Kind of numeral  
49 Took for granted  
53 Sots rule of conduct?

- 57 Seller of small chess pieces?  
59 Wild mountain goat  
60 Deliver spam  
61 Democratic donkey popularizer Thomas  
62 The absolute minimum  
63 Slow to understand  
64 They're all in your head  
65 Catches onto

### DOWN

- 1 Auditory  
2 Sport with chukkers  
3 Seed surrounder  
4 Source of a river  
5 Bestow  
6 Type of terrier  
7 Time-saving abbr.  
8 Honshu drink  
9 Most destitute  
10 Charlton Heston epic  
11 Water container?  
12 Park and Madison (Abbr.)  
13 Citizen of Riga  
19 Extreme poverty  
21 Careful  
24 Position in the House  
26 Analyze grammatically  
27 Council Bluffs neighbor  
28 Small embroidery loop  
30 Feeble  
31 It has arms and



EDITED BY TIMOTHY E. PARKER

waves

- 32 Where the heart is  
33 Critical evaluations  
35 Employ a sense  
36 Giving, as a loan  
38 Mountain climber, e.g.  
41 Needle prick protection  
42 Out-of-favor apple treatment  
45 Brainpower  
46 Carthage neighbor  
48 Quite rotund  
49 Flattered most

sincerely

- 50 Unvaried  
51 Graceful swimmer  
52 Successful crossword solver's cry  
54 Heckelphone kin  
55 It may be hammered out  
56 Correspondent's kisses  
58 Dash-dot-dash, in Morse code

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

5	2	1	6	3	9	8	7	4
3	6	4	7	5	8	9	2	1
8	7	9	2	1	4	5	6	3
1	3	2	5	6	7	4	9	8
9	5	6	4	8	3	2	1	7
7	4	8	9	2	1	3	5	6
2	9	7	8	4	6	1	3	5
6	8	3	1	9	5	7	4	2
4	1	5	3	7	2	6	8	9

3	6					4	7
4		1				8	9
			3	2			
			7	9			
7							1
			2	6			
			6	3			
1		6				3	5
5	3					8	2

© PUZZLES BY PAPPOCOM

**express**

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## St. Patrick Church

invites all Catholics active and inactive to  
**COME HOME FOR CHRISTMAS**

Wednesday, December 17

Let God Share His Christmas Presence with You!



12:10 p.m. Advent Penance Service with individual confessions following a brief service.  
Additional Individual Confessions  
8-9 a.m., 10-11 a.m. and 4-5 p.m.

Marriage Tribunal Staff will be in the rectory from 11:30 a.m. to 2:00 p.m. for consultation on annulments.

### St. Patrick Church

10th & G Streets NW,  
Washington, DC  
Metro Center (11th St. Exit)  
or Gallery Place (9th St. Exit)

**202-347-2713**

[www.saintpatrickdc.org](http://www.saintpatrickdc.org)

Nervous about confessing?

A priest will guide you through.

## Do You Have Adult ADHD?



- Do you have difficulty concentrating or focusing?
- Do you have trouble with organization?
- Are you often losing or misplacing things?
- Do you feel restless?

THE GEORGE  
WASHINGTON  
UNIVERSITY  
MEDICAL CENTER  
WASHINGTON DC

## If so, you may have Adult Attention Deficit Hyperactivity Disorder (ADHD).

If you are between the ages of 18 and 50, you may qualify to participate in a clinical research study in which you will receive investigational medication and study-related physical exams at no cost. This study is located near the Foggy Bottom Metro station and requires 18 visits over 13 months.

For information, call **(202) 994-2273**

[www.researchGW.com](http://www.researchGW.com)

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## DEVELOPMENT OF GUIDELINES FOR THE DESIGN AND PLACEMENT OF TRANSIT STOPS OPEN HOUSE PUBLIC INFORMATION MEETING

**Date:** Wednesday, December 17, 2008

**Time:** Open House 5:00 p.m.-7:30 p.m.; Presentations will be given at 5:30 p.m. and 6:30 p.m.

**Location:** Metro Headquarters-  
600 5th Street NW, Washington DC

The Washington Metropolitan Area Transit Authority (Metro) will be holding a public meeting to provide information about the project to the community and to gather input from the public for regional Metrobus stop guidelines. For more information, see the project's Web site at <http://www.metrobusstopguidelines.com>.

The meeting location is transit accessible from Judiciary Square, and Gallery Place Metrorail stations, and the D1, D3, D6, 70, 71 and 80 Metrobus lines. All members of the public are welcome!





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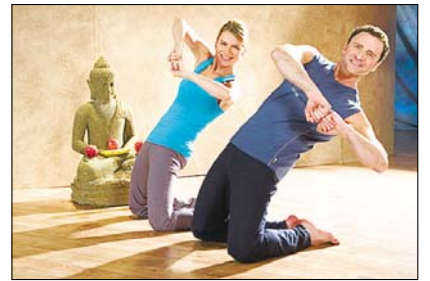


# fit



Heat up Hanukkah with eight nights of exercise DVDs **E5**

Spice up your spirits for cocktails that'll make you very merry **E6**



Let this hard-core pair teach you how to tone your bod **E4**

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# BIG, BAD WOLF

THE 'AMERICAN GLADIATOR' ON BEATING PEOPLE UP AND HOW TO STAY IN SHAPE TO DO IT WELL **E4**



# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Wake Up to The Cause of Your Sleepiness

**Q** I am always so tired. I really think I get enough sleep, but I just never seem to have any energy. My friends hit the town all weekend and do things on week-nights, and all I want to do is come home and veg. I get lonely and don't really want to spend this time alone but can barely even put on cute clothes to go out. I need to know whether this is normal or whether there is something wrong with me! I don't want to be a homebody forever, but lately my friends seem to be giving up on me. Is this just being lame? How do others seem to have the energy to do all this stuff all the time? — BUMP ON A LOG

Just like when I visualize a nauseatingly bad Wesley Snipes movie, I'm reminded here of the connection between mind and body.

You need a thorough physical; bring up your fatigue specifically.



"Gosh Nancy, I'm having a great ti- ...ZZZZ... ZZZZZZ..."

ERIC REECE

Medications, hormones, viruses, nutritional deficiencies, thyroid function and sleep apnea can all affect energy levels.

Fatigue is also a repeat offender as a mental health symptom. You say that you believe you get enough sleep, but do you know for sure? Are you a frequent waker, or a tosser and turner, or is it taking

longer for you to fall asleep than you realize?

More pressing, you mention feeling "lonely" — and along with your lack of motivation and drive, I can't help but wonder whether there's some underlying depression. Of course, you might also be just mildly bored, unenthused or unstimulated.

Finally, remember who you're comparing yourself to. The Energizer Bunnies who live among us are notorious for making normal couch-communers feel like sloths.

## Friend, Foe or Don't Know?

**Q** I have a friend who is Ms. Nicey Nice about everything on the surface but then says subtle comments that are cutting and ugly, just enough to hurt, but not enough that you can call her out on it. Example: When eating out at this Mexican place, I was eating a bit more than most and she said, "Wow — I could never eat like that!" At first, it doesn't seem so bad, but the more I process it in my mind, I feel like it's a horrible thing to say. Another time, I had a date with this guy who went to her college, and she made some comment about how he "never crossed her radar." Our mutual friends don't seem to notice it as much as I do, but I know it is there.

— IT'S DRIVING ME INSANE!

Granted, the last thing I want to be reminded of while serving as

a veritable loading dock for chips and guacamole and sour cream is how much I'm eating. But since your friends don't seem to notice it as much, I do wonder whether these examples are just bad choices of words.

But no two friendships have the same dynamic. And there could very well be a competition of sorts between you that's driving her to needle you and making you become an easily bruising pincushion. You can go the sarcastic route and fight passive-aggressive with aggressive, but that puts a lot of toxicity into the air.

Instead, maybe remember that one of the beauties of being an adult — beyond the ability to eat unlimited cheesecake batter — is that you have the right to choose your friends. And when one of them is proving more trying than a DMV outing, it might be time to get some distance. After all, she can't critique your eating or your dating if you don't offer it up for consumption.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

**GET THE WEIGHT OFF NOW! IN OUR RUN/WALK AND LIFT PROGRAM**  
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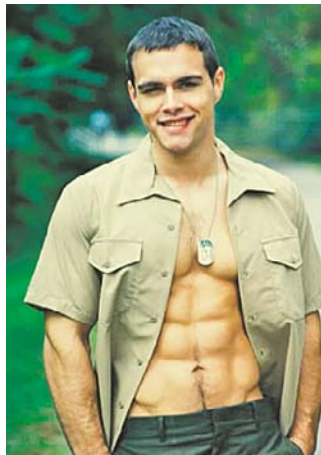
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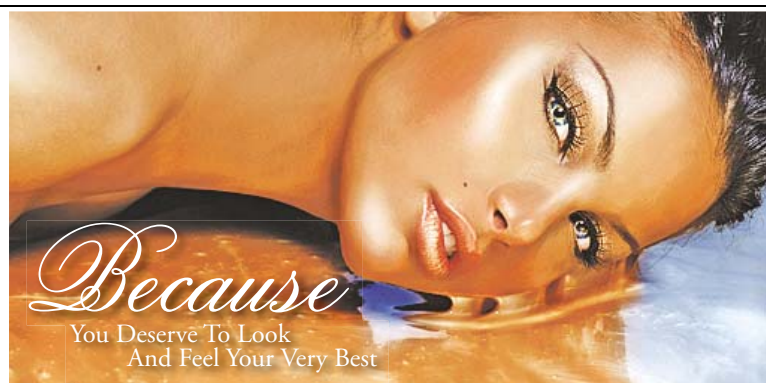
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### CHAFING WISH

Like any good drug, exercise has a few nasty side effects. We can't help with the black toenails, but the new Asics Chafe Free line (\$7.95-\$8.95, Holabirdsports.com) promises to block red marks caused by excess rubbing. Training for a tri? Go with the water-proof, longer-lasting endurance gel.



### SEAT OF POWER

No need to find an outlet to plug in the True ES9.0 recumbent bike (\$2,599, see Truefitness.com for dealers). The green machine uses the energy you generate through pedaling to power up and create resistance. Even in a blackout, you'll be a knockout.



### AGE-OLD ISSUES

Is there such a thing as prune bread? If not, Anti-Aging Whole Food Bar (Regenerationusa.com, \$47.88 for a case of 12) would be a good substitute. The snacks—made with goji berries, jiaogulan tea, mangosteen (and more!) to fight Father Time—made us yearn for wrinkles.



### SEASONAL SIPS

Just because it's cold outside doesn't mean you can stop hydrating. But you have permission to be extra-seasonal with limited-edition stainless steel Nathan water bottles (\$22, Amazon.com) with built-in flip straws. They feature penguins, a snowboarder and fluffy flakes.

## GUINEA PIG



### Nice Ice, Baby

Readers who were here last week may remember we tested a cold-fighting formula called "Nip-It." We can now declare—cough—that it—cough—doesn't work. But, luckily, a sore throat was required for proper testing of Sucrets Ice (\$3.50 for six packets, Drugstore.com), so we gave the frozen medicine concept a whirl.

And that's basically what Sucrets Ice is: menthol, pectin and some fruity flavoring (either pomegranate or grape). Place the packets in the freezer, wait an hour, and, voila, something to suck on. Plus, there's a little echinacea and zinc thrown in for people who are convinced they cure everything.

The concept was probably first imagined for kids, but everyone can appreciate cold goodness numbing one's pain. In a highly scientific experiment, we compared the results to a Fudgsicle. While we found the immediate impact to be similar, the Sucrets Ice's effects lingered longer. Unfortunately, the effects of the sore throat lingered after that. We will continue to suck and update you.

VICKY HALLETT (EXPRESS)

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# He'll Make You Cry Wolf

The 'American Gladiators' fan fave is toning up with a new DVD

Most of us need to train for the gauntlet of daily life, not the "American Gladiators" version, a 90-foot-long course guarded by four fearsome warriors in spandex. But with the help of the "American Gladiators Ultimate Workout" (\$17, Lionsgate), you'll feel ready to take on either. Led by six of the fan favorites, including Don "Wolf" Yates, viewers will sweat it out through three routines designed to make them Arena-ready.

**Don, how did you get the name Wolf?**

We went through a whole lot of names. They were going to call me Chopper. But everything about me screams Wolf.

**Because you growl?**

Actually, I do. I don't howl all the time, but I do growl.

**As you do on this DVD?**

Oh, yeah. We shot the DVD in the middle of shooting the show, so it

was fun to go in there and not beat somebody up. It's a lot more fun to goof around. And it's always been my goal to help people get into shape. If your body's in shape, your mind is in shape.

**How in shape are you right now?**

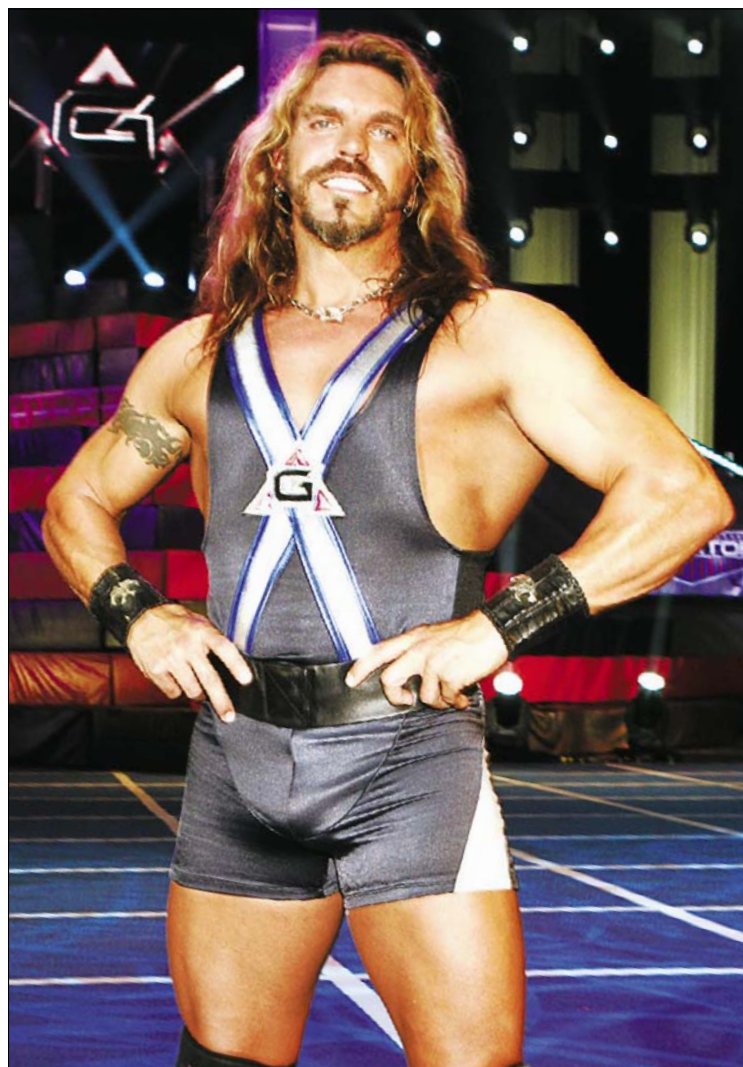
I have to stay in the gym all the time and watch my diet. In my early 20s, I could eat pizza and hamburgers and I would still have a six-pack. That gets harder every year. My abs are my weak point. It is for most guys, especially as you get older. That's where we carry body fat, so I always do my crunches and hanging leg raises.

**What's your gym routine?**

I do a different body part every day in the gym for an hour. I have to be very consistent to stay in shape. You have to focus on the whole body. I also try to do 30 minutes of cardio every morning on an empty stomach so it has to burn body fat. But I have to have three meals before I can lift.

**Have you learned fitness secrets from other Gladiators?**

Siren — she's not on the DVD — is very good at working out outside of the gym. I've gotten a bunch



Don "Wolf" Yates usually puts his big mane into a ponytail when he exercises.

of exercises from her. She'll grab a dumbbell and do kind of like a clean-and-jerk with a one-arm shoulder press. On the treadmill, she'll start skipping and do that for a minute. I've picked up little things like that.

**Do you work out in your costume?**

No, the outfits are like a second skin, but they're only for the show.

**How do you convince guys to try a workout DVD?**

You know who I am — I'm not like a lot of guys who'd do a DVD. I'm a fighter, a brawler. I'm a guy they'd have a drink with at a bar. So, if they see me working out, doing aerobics, they won't think it's so bad. Another thing that's going to help is that any kind of cardio I enjoy is tied into punching and kicking. It's not training you to be a fighter, but it feels good. I love my work, and I take pride in it. I beat people up, and I do it well.

**How does this gig compare to your previous ones?**

I've been a rodeo clown and a bull-fighter for 23 years. Every day is a question of life or death. My job is to run into a car wreck while it's happening. So, I've always needed to be in shape.

**But now you also howl?**

It's very important. Everybody needs to howl every few hours. It makes you feel good. VICKY HALLETT (EXPRESS)

## Hard-Core Philosophy

Sculpt your body with the twosome behind the Core Fusion program

One-track minds don't seem to exist in fitness anymore. Everything's a combo of various movements, usually with a suffix like "-lates" or "-oga." But before it became a trend (and a smart one at that), two of the biggest blenders around were Elisabeth Halfpapp and Fred DeVito.

The duo got their start working for the Lotte Berk studio in New York, but split off in 2002 to create Core Fusion for Exhale Spa, a luxe chain

with 10 locations across the United States. (None are near the Washington area, although Halfpapp promises they've been looking.) To target the butts, abs, arms and thighs of those outside their reach, they've developed two DVDs: "Core Fusion Pilates Plus" and "Core Fusion Body Sculpt" (\$15 each, Acaciacatalog.com).

Both feature five 10-minute segments that can be done separately or strung together for a full workout that incorporates ballet, yoga, Pilates and orthopedic work. One defining element: Each segment has its own stretching component, because, as Halfpapp explains, "Muscles work better when you stretch and strengthen

in tandem."

It's been a hallmark of their classes ever since they realized that if they pushed the flexibility work until the end, time-crunched folks would skip out early. Now, as yoga has gone more mainstream, it's the extended stretches that often bring clients back, particularly runners trying to increase their stride.

That they teach at a place called Exhale isn't lost on them — their cueing constantly refers to the breath. "Breathing helps to keep you connected to your body," DeVito says. "The mind can wander, and that's how people get hurt. It's more than bringing oxygen to the muscles; it's so you feel the work." Plus, Halfpapp



Halfpapp and DeVito demonstrate how they have developed rock-hard abs.

adds, breathing can be key in sustaining a tricky pose for those last few seconds.

Their other obsession is align-

ment. "We come from a school of less is more," Halfpapp says. "If

**“Breathing helps to keep you connected to your body.”**

you're out of alignment, injuries start to occur. And if you have it right, results happen faster."

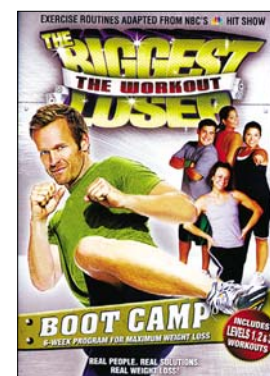
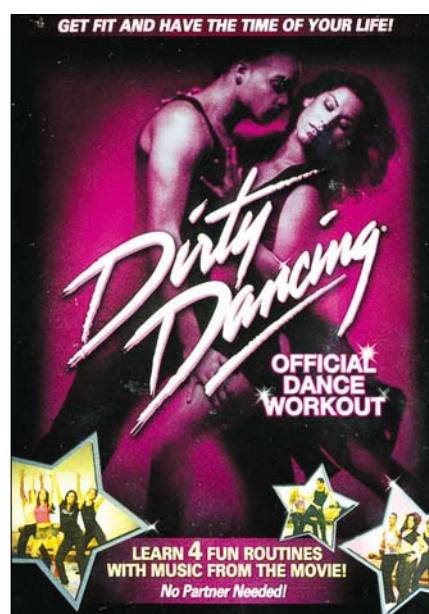
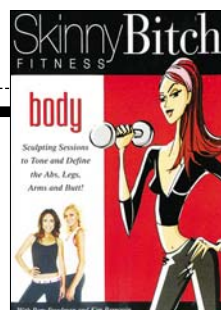
As the name of the program implies, doing their moves correctly usually entails drawing on the core for strength, or as Halfpapp and DeVito call it, working "from the inside out."

And, certainly, that's made their outsides look pretty good. V.H.



# Home, Sweat Home

Latkes and chocolate gelt on the brain? Keep them off your body by making one of these new DVDs a part of each of your eight crazy nights. If you're not feeling burned out by the end of Hanukkah, it'll be a miracle. And don't forget that if you'd rather take a title for a spin — dreidel style — before buying, fitness emporium Collagevideo.com features sneak peaks. **VICKY HALLETT (EXPRESS)**



## 1 Skinny Bitch Body (\$15)

**HOT FOR TEACHER?:** Rory Freedman and Kim Barnouin, the vegan vixens behind the "Skinny Bitch" diet book series, prove they're just as bossy when it comes to your workout. Their cueing skills need some serious work, but they have cursing down.

**LET'S GET PHYSICAL:** Four segments target abs, legs, arms and butts. Nothing's too brutal, thanks to modifications. And it's certainly easier than giving up cheese.

**SAMPLE MOVE:** The Sumo. Do a wide leg squat, lift one foot off the ground and then squat again while smacking your thighs.

**EXTRA CREDIT:** The "meditation" is five minutes of the duo sitting near a wind machine.

## 2 Dirty Dancing Official Dance Workout (\$17)

**HOT FOR TEACHER?:** We don't remember Baby having an English accent, but instructor Tracey Mallett sure can carry a watermelon. John Byrne at least has the right name.

**LET'S GET PHYSICAL:** No partner needed to "get fit and have the time of your life" learning four routines based on music from the soundtrack. You'll shimmy, pony and pivot until you feel it in your pachanga.

**SAMPLE MOVE:** Progressive swivels. Do a merengue step to the side and then twist your hips to change direction.

**EXTRA CREDIT:** "Saturday Night Dance Challenge" is all dance, no talk.

## 3 Yoga for Morning, Noon And Night (\$15)

**HOT FOR TEACHER?:** Jason Crandell's soothing voice could talk anyone into doing an extra sun salutation.

**LET'S GET PHYSICAL:** Three 20-minute routines are designed for, yep, morning, noon and night — waking up the body, getting a boost of mid-day energy and easing into bed. Enjoy slow-moving practices that allow for long holds.

**SAMPLE MOVE:** Half-eagle pose. Legs together, bend your knees, and then twist your arms together with your fingertips pointing up.

**EXTRA CREDIT:** An interview with Crandell has tips on creating a home practice.

## 4 The Biggest Loser: The Workout — Boot Camp (\$15)

**HOT FOR TEACHER?:** Even when he trips over his lines, trainer Bob Harper is as smooth as it gets — and he's a genius at turning the most painful exercises into a good time.

**LET'S GET PHYSICAL:** Three levels of workouts, but all of them incorporate strength and cardio for a total body burn. Within a few panting breaths, you'll realize how those contestants slimmed down so fast.

**SAMPLE MOVE:** Get into push-up position, but place one palm on a medicine ball. Do a push up, then roll the ball to the other hand.

**EXTRA CREDIT:** Harper offers a couple quick primers on how to use gym equipment.

## 5 Dance off the Inches: Dance It Off Ballroom (\$15)

**HOT FOR TEACHER?:** Latin dance champ Kristina Milova excels at breaking down steps, so even fancy footwork is beginner-friendly.

**LET'S GET PHYSICAL:** Keeping up with 40 minutes of samba, cha-cha and jive routines won't poop most people out, but it'll get their hearts racing.

**SAMPLE MOVE:** Side Cubans. Tap your right foot, then stick your left leg out while pulling your right hand to your right shoulder and driving your left arm straight down with "strong fingers" (aka jazz hands).

**EXTRA CREDIT:** An 18-minute step guide is key to learning the dance numbers.

## 6 Get Fit Daily Dozen (\$15)

**HOT FOR TEACHER?:** You already know whether you adore local fitness guru Denise Austin, the only trainer in the land who can get away with chanting, "Yes! Health! Vitality!"

**LET'S GET PHYSICAL:** The 12-minute samples of kickboxing, body sculpting and yoga are a good start for novices or a warm-up for pros, who'll want to string a few together.

**SAMPLE MOVE:** Butt blasters. Get on your hands and knees, and then slightly lift one leg so you can hold a dumbbell between your thigh and calf. Then lift! Lift! Pulse!

**EXTRA CREDIT:** Austin dishes about 12 super foods in an included pamphlet. She just loves snacking on hummus.

## 7 Strong Knees (\$20)

**HOT FOR TEACHER?:** Words like "proprioception" roll right off the tongue of smarty pants physical therapist Chantal Donnelly.

**LET'S GET PHYSICAL:** Half anatomy lesson, half strengthening/stretching workout, you'll learn a lot more than mere exercises. Did you know that tight hip flexors can move the thighs out of alignment, which in turn can get the kneecap out of its groove?

**SAMPLE MOVE:** Clams. Lie on your side with both knees slightly bent and your hips stacked. Then, keeping your feet together and on the floor, raise the top leg.

**EXTRA CREDIT:** Find out how to massage your iliotibial band with a tennis ball.

## 8 Results Fitness: Boost Your Metabolism (\$15)

**HOT FOR TEACHER?:** Tracey Staehle channels the air of a capable friend who manages to exude perky without being annoying.

**LET'S GET PHYSICAL:** For 55 minutes, you'll shift between cardio bursts and lifting sessions. To live up to the title, many exercises are compound movements that recruit more than one muscle at once.

**SAMPLE MOVE:** Balance on leg, leaning over so your torso is parallel to the ground. Then, holding dumbbells, lift your elbows to the ceiling, pulling your shoulder blades together.

**EXTRA CREDIT:** A meal plan booklet offers daily schedules and a few recipes.



## EATING IN



LARRY CROWE/AP

## SHRIMP AND PESTO CROSTINI

## INGREDIENTS

Sixteen 1/2-inch-thick slices French bread; 1 large clove garlic, peeled and cut in half; 1/2 cup chopped grape tomatoes; 2 tbsp prepared pesto; 2 tbsp crumbled feta cheese; 2 tbsp chopped flat-leaf parsley; 2 tsp lemon juice; 1/4 tsp ground black pepper; 1 tbsp extra-virgin olive oil; 16 large uncooked shrimp, deveined and coarsely chopped.

10 MINUTES, SERVES 16

**HEAT THE BROILER.** Arrange the bread slices in a single layer on a baking sheet. Broil to toast both sides. Rub each slice with the cut side of the garlic clove. Set aside.

In a medium bowl, combine the tomatoes, pesto, cheese, 1 tablespoon of the parsley, lemon juice and pepper. Toss to combine. Set aside.

In a medium skillet over medium-high heat, warm the oil. Add the shrimp and sauté until opaque at the center, about three minutes. Stir in the pesto mixture.

Divide the shrimp among the bread slices, spooning a bit on each. Sprinkle with the remaining parsley. (AP)

**#** 67 calories, 4 g protein, 6 g carbs, 3 g fat, 23 mg cholesterol, 128 mg sodium, 0 g fiber



GETTY IMAGES

## Drink to Your Health

## 5 cocktails that boost immunity and melt stress to lift your spirits

Use this recipe for each cocktail — just swap in a different liquor and spice.

**STEP 1:** Make a spice-infused simple syrup. In a pan over medium heat, combine 1 cup water, 1 cup

sugar and 2 tablespoons of your ground spice of choice. Once the sugar dissolves, simmer for 15 minutes. Remove from heat, allow to cool and strain. Makes about 12 ounces.

**STEP 2:** Create the cocktail. Use a mixture of 2 tablespoons of ground spice and 2 tablespoons of sugar to coat the rim of a martini glass. Fill a shaker with ice, 3 ounces of your chosen liquor, 1 ounce of the simple syrup and a splash of club

soda. Shake well and strain into the glass. Makes one drink.

**THE SPIRIT: ABSOLUT VANILIA**

**THE SPICE: LAVENDER**

During the holidays, stress levels soar higher than the star atop the Rockefeller Center Christmas tree. For eons, lavender has been used to melt mental tension and relax muscles (hanging strings of lights can do a number on your back). And new research confirms that the scent of lavender can improve sleep.

**THE SPIRIT: BACARDI PEACH**

**THE SPICES: GINGER AND CLOVE**

Ginger can ward off the only things scarier than a weeklong ski trip with the in-laws: cold and flu bugs. (Imbibed post-snowboarding, this drink's natural heat will thaw you out, too.) Add cloves and enjoy a concoction that tastes like peach pie and is rich in fatigue-fighting omega-3's and bone-building manganese.

**THE SPIRIT: ABSOLUT CITRON**

**THE SPICE: CARDAMOM**

Spicy-sweet, exotic cardamom fires up your metabolism, so no worries about wearing a pencil skirt to the holiday office party. The Indian spice is also a firefighter, so it's a godsend for the heartburn you got scarfing down Uncle Ted's green-bean-and-fried-onion casserole.

**THE SPIRIT: TANQUERAY GIN**

**THE SPICE: JUNIPER**

If December had a flavor, this pine-scented mix would be it. The slight bitterness makes it a tummy-soothing nightcap after an evening of glut-tony, and studies show that juniper berries can prevent blood-sugar levels from spiking — so you can stay calm and composed even when you have every right to bludgeon your pushy cousin with a menorah.

**THE SPIRIT: HENNESSY COGNAC**

**THE SPICE: CHILI**

A perfect drink to enjoy under the mistletoe. This zesty blend generates just enough heat to make your lips and tongue tingle — and to help you burn a few extra calories. Bonus: Two tablespoons of chili powder contain 88 percent of your recommended daily dosage of vitamin A, which fortifies mucus membranes to help hold off nasty winter viruses. KRISTINE SUBIDO (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE RODALE INC.)

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## STETHOSCOPE

NEUROTRANSMITTERS  
**Real Sugar Rush**

■ Ever joked that irresistible cookies are laced with crack? Their high sugar content might mean you're not so off. Findings presented at last week's meeting of the American College of Neuropsychopharmacology indicate that binging on the sweet stuff has a similar effect to abusing drugs like cocaine and heroin. At least, that was the effect in rats, whose sugar addictions acted as a "gateway" to alcohol addictions, and even exhibited symptoms of withdrawal.



## DIETING

**Run for the Money**

■ Long life? Eh. Looking hot in a bikini? Whatever. Cash? Now we're talking. Money can be a motivator for weight loss, according to a report in the Journal of the American Medical Association. A study enrolled 57 obese adults and divided them into three groups. All were weighed monthly, but two groups got financial incentives. Surprise, surprise: The duo with money on their minds managed to lose about three times as much weight as the control group.

## LEARNING

**Any Dream Will Do**

■ It's late, the big exam is tomorrow morning and you have a decision to make: Power through to make it an all-night study session or get some shut-eye? Did you pick the former? Wrong answer! In a study published in the journal Learning & Memory, students were taught a video game and then were asked to play it again in 12 hours and then in 24 hours. After some Z's, their performances were markedly better, leading the researchers to believe that while you sleep, your brain practices and reviews what you've learned that day.

# Help Others to Help Yourself

Doing volunteer work during the holidays can be the best present

The most wonderful time of the year is anything but for the millions who suffer from the winter blues. This year's fickle economy is surely making even more folks grinch-y. But instead of moping at the mall or fretting about the inevitable egg-nog-fueled clash with your in-laws, try a prescription-free pick-me-up: volunteering.

People who volunteer have less chronic pain, lower mortality rates, greater functional ability and lower rates of depression later in life than people who do not volunteer, according to a 2007 study by the Corporation for National and Community Service. "Bah, humbug," you say? There's more.

Volunteers also report improved self-esteem and skill development, and a deeper understanding of themselves and others, says Mark Snyder, director of the University of Minnesota's Center for the Study of the Individual and Society.

The result is such a powerful treatment that Stephen Holland, director of the Capital Institute for Cognitive Therapy (cognitivetherapydc.com), sometimes recommends volunteerism for patients who suffer from depression. "By engaging in activities that help others, someone with depression can have an experience of accomplishment that can improve their sense of self-worth," Holland says.

While it's nice to have an unlim-



On Christmas Day, volunteers from the D.C. Jewish Community Center ladle out soup, fix up shelters and help throw parties.

ited present fund, the key to a merry season is finding a sense of purpose in life and forging good relationships. Serving meals at a soup kitchen or mentoring disadvantaged kids reminds us to shake the focus off ourselves, Holland explains. "Helping others can put our own problems in perspective," he adds.

It's worked for Robin Wiley, president of the Holiday Project of the National Capital Area (202-234-0903, Holidayproject.org), an all-volunteer nonprofit group that organizes groups to visit with nursing home residents and hospital patients. Ten years ago, a friend invited Wiley along when she

was down during the holidays. "It was very uplifting to share the spirit of the season with others," she says. "I felt the joy that comes from giving of yourself and got involved from there."

org). He's been busy connecting people with projects such as wrapping gifts for kids with incarcerated parents through Offender Aid and Restoration. (Interested?

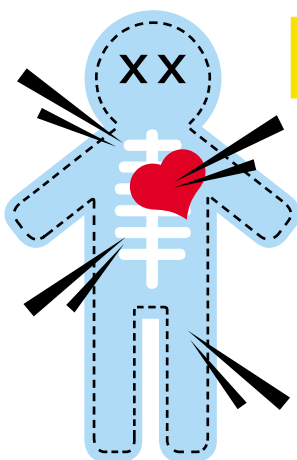
**“It was very uplifting to share the spirit of the season with others. I felt the joy that comes from giving.”**

The holidays traditionally beget more volunteerism, says Billy Fettweis, coordinator of volunteer outreach and leadership at Greater DC Cares (202-777-4447, Dc-cares.

Sign up for a DC Cares orientation session; there's one today and two tomorrow.)

Looking for other ways to make the season brighter? Paint a homeless shelter with the DCJCC (202-777-3246, Washingtondcjcc.org/volunteer), sort produce at the Capital Area Food Bank (202-526-5344, Capitalareafoodbank.org) or organize a toy drive (Dctoysfortots.org).

You and the people you help won't be the only ones who'll benefit. "One of the things that is striking about volunteers is the way that they draw others into volunteering, both through the positive example that they set and through their active recruiting of friends and family into volunteering," says Snyder. That means regifting is always welcome. STEPHANIE KANOWITZ



## hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Is your skin bronze or gray?** Do you have high blood sugar, fatigue or impotence? You could have hemochromatosis, a hereditary disease that causes the body to absorb too much iron. The metal is stored in one's organs, particularly the liver, heart and pancreas; as it builds up, it wreaks all kinds of havoc come middle age. The early signs aren't too distinct, mimicking those of many other illnesses. Late-stage hemochromatosis is when a patient's skin can change color. Along with that might come ailments such as cirrhosis of the liver, heart failure and diabetes. Once someone is diagnosed, which can be tough, the cure is easy: The person's blood is drawn on a regular basis to reduce iron levels. SOURCE: MAYOCLINIC.COM





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